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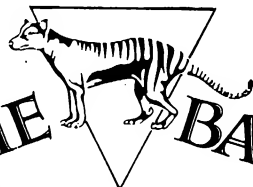
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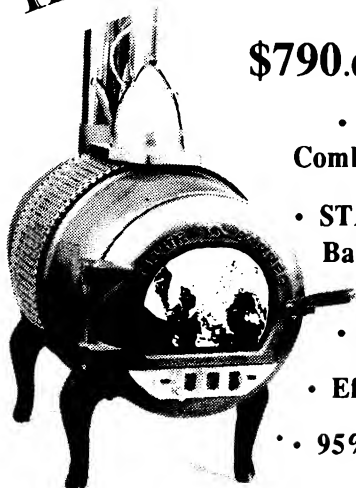
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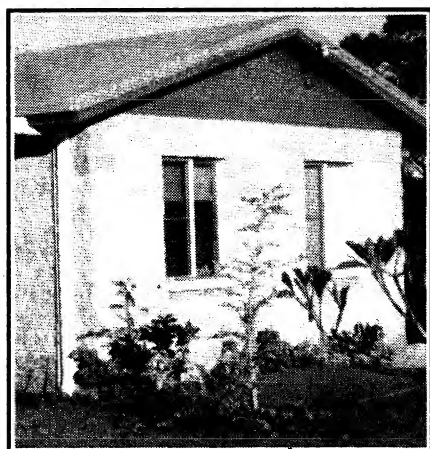
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COVER PHOTOS

Front Cover: Su Dennet and David Holmgren, with their son, Oliver, in the orchard at Hepburn Permaculture Gardens. Their one hectare site supports the family, after the implementation of a permaculture design and lots of effort from Su and David.

Back Cover: Passive solar home at Hepburn Permaculture Gardens, with a greenhouse facing the outside garden. David prefers raised beds for his vegetables.

* * *
Edited by Megg Miller and Mary Horsfall.

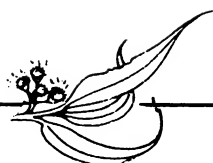
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GUMNUT GOSSIP

by Megg Miller.

Our weekly mail usually contains a variety of letters and multishaped packages, but never have we received large and impressive parcels like several delivered these last two weeks. Their proportions were such they could have accommodated a five year old comfortably. What was even more remarkable was that they arrived by road transport, a delivery service frequently denied us because the office is off the beaten track. And the explanation behind the special deliveries? One of our office team has a secret admirer. No expense had been spared in creating a favourable impression, as first a bunch of gorgeous red roses arrived and then a week later, a pretty floral display with a lavish box of chocolates. My lips are sealed as to who the lucky recipient has been and even less is known about the admirer. We've all enjoyed the uplifting effect of beautiful flowers and pigged out on the chocolates. Now we're hanging out for a bottle of champers – who knows, we may be lucky.

It's a thrill to be able to announce the first nominees for our inaugural *Grass Roots* Awards. What the response lacked in quantity has been offset by recommendations of the highest quality. In the lifestyle category we received the following nominations. Marjorie Bligh of Devonport, Tas, for a 'lifetime of teaching self-sufficiency and recycling'. Marjorie has often contributed to GR and has her many practical ideas published in book form. Angela McFarlane, Fingal, Tas, 'for lifestyle and guts.' Angela, with hubby Allen shared their experiences of moving to Tasmania and creating a self-sufficient lifestyle in Feedback. This couple had faced numerous difficulties as they set up, and later, ill health which sadly claimed Allan last year. Despite sight problems Angela is continuing the GR lifestyle and gains much joy from spinning and knitting. Gunther Pfitzner, of Sedan, SA, 'bush mechanic and recycler extraordinaire'. Despite poor health, Gunther farms and cares for livestock organically on the small property he shares with his wife whom he met via the GR Contacts. Gunther has overcome the limitations of a pension by utilising material found on the farm, from local

auctions or the local tip to build a house, workshop and coolroom. The Pfitzner's manage without mains power, live with chronic ill health with dignity and have created a satisfying sustainable life. Two recipients were put forward for the Good Samaritan Award. Nerada Thomas of NSW, for 'caring for others'. Nerada helps out at St Vincents weekly, washing and ironing their reject clothing for further recycling and ensuring needy people don't go without. She was active in helping with drought relief, and is an inspiring gardener, utilising organic methods and giving away much of her produce. Nerada also recycles old clothes into mats, patchwork and blankets and encourages people to read and share in GR. Colin Franklin of Alexandra, Vic is the final nominee, 'because of his helpfulness and always being there for advice and a broad shoulder.' Colin is no stranger to GR, having contributed many letters to Feedback over the years as well as a helpful column 'Browsing Through'. Like several of the above nominees, Colin is hampered by ill health, but has found a practical way via research and reading to help people and to establish a network of supportive caring correspondents.

Grass Roots is read and enjoyed by many quiet achievers, the above named people being typical examples. All are to be commended for exemplary efforts in their fields of endeavour. Please support the concept behind the annual awards by recommending outstanding GR people. This is a genuine effort to recognise and reward positive efforts rather than mutely follow the mainstream style of sensationalising aggression and ill fortune.

Two new features commence in this issue. Those readers who enjoy 'While the Billy Boils' will notice a slight difference in its format, all the recipes having come from a sole, 'guest' contributor. We thought it would make an interesting change if we asked regular writers to GR to put together a meal of their favourite dishes. Pamela Odijk has started the ball rolling with a range of recipes that are not only long-time family favourites but have achieved success in competitions and at fund raising events. As our writers come from quite



diverse backgrounds and lifestyles we can anticipate remeeting some old favourites, but also encountering ingredients and dishes that will be totally unfamiliar to us. I'm sure there will be many delicious surprises ahead.

Also in this issue is the first article in a series we hope will be of tremendous benefit to inexperienced Grass Rooters, 'I Wish Someone Had Told Me About...'. We have all heard people lament the outcome of a situation, concluding the tale with the comment 'I wish someone had warned me...' Regardless of whether you have been pursuing self-sufficiency for six months or six years, many obstacles will have been encountered and handled with mixed success. We want readers to discuss some aspect associated with living self-sufficiently that they were ill prepared for and which has had considerable effect on their lifestyle. Mary, our editor, felt well qualified to be introductory contributor, choosing the vagaries of the weather as the obstacle she and hubby Rodney have found the most trying during their 18 years in the country. Remember you don't have to live on a farm to contribute, backyard gardeners can also be caught unawares by problems unique to their situation.

I'm going to conclude with a get well wish for a dedicated reader convalescing after hip replacement surgery. Doug Nisbet practices GR principles in his suburban backyard and has been concerned about the upkeep of his garden as he recovers. Don't worry Doug, daughter Leanne has promised to do her best. It is astounding how many readers suffer ill health and live with chronic pain yet find stimulation and inspiration in this magazine. God bless you plucky people.

TRAVELLING WITH GERTIE

by Sue Ford, Buffalo, Vic.

Many of us, during the course of a convivial evening, express the dream of leaving our responsibilities behind and travelling around Australia, perhaps doing a bit of fruit picking to pay travelling expenses. In the clear light of day the dream usually doesn't look so rosy. Sue and Simon Ford are one couple who have followed through from dream to planning to reality. In this story they share with us the planning and their first experiences of the itinerant life.

Sometime in April 1993 after a long day picking grapes and with the help of a few alcoholic drinks we decided we were going to work around Australia, travel and research a book on itinerant work and hopefully sell it to the government to boost tourism. Unlike some of our madder schemes this idea was still good in the sober light of day, in fact it had gathered impetus. I wrote and told our eldest daughter, Rebecca, of our plans, but no one else, the rest of the family had to be told by face-on confrontation. Bex wrote back and was very encouraging, but then of our three children she is the most impulsive. She was in the throes of organising her own trip to England and all her letters were full of passport problems and requests for birthplaces of her grandparents.

There were plenty of objections from our friends and family who have always seen us as irresponsible, but the children had left and we were just three at home, Simon, my eighty-two year old mother, Joy, and myself. There appeared no sensible reason why we should not go. Mum raised the biggest objections, Rachel didn't take much notice because she never believed it would eventuate. Mathew was as enthusiastic as Rebecca had been. The first week home Bex dropped another clanger; she was cancelling her trip to England, buying a Kombi and coming with us.

The first problem was: What were we to travel in? We had our Bedford truck and a tent that we had used to go grape picking in, but Mum needed something more comfortable. Simon desperately wanted a bus so we started on the government to get a grant for the book. Everyone was kind, encouraging and full of praise, but no money.

Mum was angry that we wanted to go. She said she'd stay home alone and if we loved our farm we wouldn't leave it. She reminded us that we had no money and lamented about the garden. Finally she gave in and agreed to a three-month trial.

When we set out there were four of



Sue, Rachel, Joy, Simon and assorted pets, on the road, following the fruit picking and planning to write a book about their experiences.

us, four dogs, two cats and a budgie, no wonder everyone thought we were mad. At one stage the scheme looked like petering out as we could not afford a bus or even a caravan. Then Matthew came to the rescue. He borrowed the money and bought us a Bedford bus, Guzzling Gertie. We agreed to pay him back and to give him his due he has never once hassled us for payments. He also had it wired for electricity and gave us a CB radio, all far beyond the call of duty.

There were a few neccessities: We had to have electricity, comfortable beds and some privacy. The bus was already gutted except for the driver's seat and two double seats for either side of the table. The lino was badly worn, but we couldn't afford to renew it. Simon was offered two high-back chairs for the front, they were perfect, he had to make a frame for the passenger side and modify the driver's side. We had some old pine floorboards and he made a table, I varnished it with six coats of polyurethane and it is almost indestructible.

We had an old trundle bed frame and Simon cut it down to form a couch and it also provided Mum with somewhere to put her feet up while she was watching television. We bought a piece of foam rubber to cover the coach and I made a cover for it out of the same material as the kitchen curtains. We had some laminated chipboard and made a bench and a shelf for the television and video player. The sink came out of our chook yard, it had been their drinking container. A friend was renovating a bathroom and offered us a vanity unit. This cut down to take the sink and our small camping stove we had used while our house was being built. Simon made a shelf along one side and it houses ten large plastic pickle jars with flour, rice, sugar etc. A terracotta pot plant held the cooking implements, a large cut of eucalyptus provided the chopping board and Simon made a knife rack behind one of the chairs. A pine dividing wall gave us somewhere to hang the wok, herb rack and fry pan.

I painted an old single wardrobe. Simon used the bottom part of the hanging space to make a hay box and the top was to hang our few good threads. The shelves on the other side were the pantry and the top drawer was for cutlery and the bottom two for our underwear.

Mum's room was very compact, a full size bed that we already had and a little bedside chest that we bought and built in. A heavy kitchen chair with a hole cut out and a toilet seat attached and a bucket on a platform to provide a night and emergency toilet. For the floor covering in Mum's room we cut up an old white rug, not very serviceable but free and in good repair. We bought an oatmeal carpet for our room which was the back two and a half metres of the bus, Simon glued it down and it's been fine. He covered in the place where the back seat had been with wood and that served as a platform to sit the bed on and two bedside tables. He welded two legs to the end of the bed and screwed them to the floor. The room is small but quite adequate.

Our bed was fixed quite high to allow us to store underneath; it is amazing how much gear you can get under a bed. We stored in polystyrene fruit lugs because they are easily replaced and slide well on the carpet. We had one each for clothes, T-shirts, shorts and work clothes, one for craft items and one to hold my writing equipment. I took my electric typewriter and it bounced off the bed on the first day, not a safe place for breakables. My painting gear went under the bed along with golf clubs and a large plastic bath containing shoes. Under Mum's bed we stored her gold detector, a heater and her case. She needed the case because she was only staying three months.

Under the trundle bed went another polystyrene box with sewing gear and work equipment like secateurs, gloves and knee pads. The barrel vacuum lives there and one of Simon's huge tool boxes. We took tools for all occasions and until recently these had to be stored on the floor of the bus when we moved, but now Simon has made a storage box underneath to take the annexe, poles, welder, tool boxes, jack and buckets.

The storage also takes the fishing gear, yabby pots and our camping cookware. Bex and I picked up an old tin trunk at an auction for \$12. We sanded the rust off, undercoated, bogged up the



Gertie was fitted out with mainly second-hand materials to make comfortable living/sleeping quarters for the travellers.

holes and gave it a coat of enamel to match Gertie and it was fitted on to the back platform with the gas cylinder. The long television antennae goes under the bus while we are travelling, so at long last the floor is not cluttered with extras when we move.

Three weeks before we left, Bex bought her Kombi for \$2000. She moved out of her house and came home a week before we moved. We were still doing the odd catering jobs plus cleaning up the house. We had to build a fence and gate across the driveway for security and that took precious time. I had three or four days off with a terrible toothache, but a short story prize came to the rescue and paid for the dentist. The last days were hectic and it looked as if we'd never leave. When we pulled out of home Mum was upset, the animals were confused and I had a massive outbreak of hives from the antibiotics for my tooth. Our neighbours gave us half a newly butchered sheep, jams and a cake. We were on our way.

CHERRY PICKING

Young in NSW is the cherry capital of Australia. It is a pretty little town situated 130 kilometres from Canberra and has the typical climate of inland NSW with freezing winters and very warm

summers. Young is undulating and offers the visitor wide country streets, an extensive array of shops, churches and hospitals. There are various places to visit and Young boasts some lovely parks, most of the smaller ones have water features and barbecues so they can be cool choices to spend an afternoon or evening.

We headed for Young and the cherry picking in November. We take our trip slowly, the bus has plenty of power, but the faster you go the higher the petrol bill. The Kombi does not have much power so we make a sedate little entourage. Apart from having to climb over articles that had not found their place in life and coping with Mum being totally miserable, the trip was not bad.

We had never picked cherries, but had heard it was fairly lucrative and an easy introduction to itinerant work. Most cherry farms have on-site accommodation; they may supply rooms to rent or caravans, or just an amenities block and electricity. For this you pay between \$8 and \$10 per week and some farms do not charge at all. As more people like us and family groups hit the road in search of travel and work, the growers will have to lift their act. Often lovely farms run by genuine people offer inadequate amenities that are not even cleaned on a

regular basis. Many times you are without any shade and generally treated in a shoddy manner.

The first few weeks of the cherry season are poorly paid and you may need some extra cash to sightsee during this time. The cherries do not ripen on demand and you are left to cool your heels for many days and then only spot-pick on the days you work. It is frustrating, but when the season is in full flight there is plenty of work for everyone. The day begins at 6am. Forget the farmer who says you can choose the hours you want to work; he doesn't mean it. When the crop is ripe he wants it in and he does not care if you want to sleep in.

Probably three-quarters of the picking can be done from the ground, the other quarter needs a ladder. This sorts out the cans and can'ts. I am a can't. Fifteen centimetres off the ground is my limit, anything higher makes me suicidal. On the other hand, Simon coped better than he expected. The aches he waited for never eventuated. The ladder is made of steel with three legs, two in the front and one to the back. If you make sure the front legs, with the treads, are quite straight side-to-side, then the ladder will not fall.

When you are spot-picking you pick the darker fruit. Cherries are picked with their stalks on so rot does not attack the fruit. They grow on spurs and you must be careful not to break these off as they hold next year's crop. After the first week or so of spot-picking you begin to strip-pick the tree. You are given a bucket and a harness that holds the bucket at about waist height. You fill the bucket and empty it into 10 kilogram containers that are called lugs. These are collected by the cartman, cartie. You must check that your tally coincides. There is no need to clean the cherries; that is the work of the shed staff. Fill the containers level with the top and make sure the corners are full.

Cherries are a good crop to pick if you have young children travelling with you. Because there is no cleaning or sorting they can pick a few buckets a day as well. Teenagers from 14 or 15 on can cope with any crop.

There are limited positions in packing sheds. Often the locals will work in the sheds when they won't work in the paddock or orchard. Rebecca has never had any trouble getting shed work. For the cherries you separate according to size and any damage, it can be tiring,

repetitive work and for the first week your feet and back ache. Shed work is more reliable money than in the paddock and if it is a poor year the shed work is best, but if you are a good picker and enjoy the outside work then you will most likely opt for picking.

Money

Spot-picking can pay up to \$12 a lug.

Per lug: \$6 - \$8

Shed work: \$9 - \$10 per hour.

All itinerant work has 15% tax.

Requirements

The grower provides the bucket, but may charge a refundable deposit.

Drink bottle, sunscreen and a hat that stays on.

Moving On

The season lasts approximately six weeks. You can go from Young to nearby Wombat for a few extra weeks, then on to Batlow for the apple thinning.

CHIVE SPRAY

Use chive spray for mildew on zucchini or squash plants. Add 1 cup of chopped chives to 3 cups of boiling water. Allow to cool. Strain and spray diluted with equal parts of water.

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David Holmgren

Co-founder of Permaculture

by David Miller, Shepparton, Vic.

Life is a collection of natural processes which must be worked with, not controlled.

David Holmgren grew up in Fremantle, WA, in the midst of a physically and mentally active family, where meals were the focus of intense discussions on subjects ranging from local politics to world events. Theories were constantly being offered on what was wrong with the world with lots of ideas on the changes needed to improve the planet and the lot of those living on it. Open argument and a free flow of ideas were the rules of the day, and everyone was expected to contribute.

These discussions left David with a highly evolved ability to think originally and creatively, and to see life from outside the usual boundaries.

The family was also interested in change on a personal level, and much of the discussion in the Holmgren family was about how to translate theory and ideas into practice in their own lives. The family had a vegetable garden, fruit trees and poultry to provide fresh healthy food. David can remember being the first child at school to bring along health foods (dried fruit) for lunch, and they were the first to protest against the Vietnam war. During one of these marches, David watched as the police dragged away protesters for burning their draft cards. He still remembers the anger and disappointment he felt when he realised that democracy in the outside world was very different from the concepts he had learned around the kitchen table. A distrust of authority began to develop.

BIRTH OF PERMACULTURE

In the mid 1970s, David was a student of Environmental Design at the Tasmanian College of Advanced Education. This was an unusual course which encouraged original thinking and problem solving and had no formal curriculum. Ecology, landscape architecture and agriculture were David's main interests and he endeavoured to organise his study around these. Here David met Bill Mollison and was attracted to Mollison's system approach to ecology. He eventu-



Su Dennet and David Holmgren, happily living inside their own permaculture design.

ally shared a house with Bill, where they became involved in endless discussions about philosophy, ecology and environmental design, and took the remarkable step of putting ideas into practice by developing a large, experimental garden based on their design ideas.

In David's second year, he was looking for a subject to take as a major focus for his course. He chose natural systems

because of their energy efficiency, and developed a large amount of material for his thesis. This included using the garden, that he and Bill had developed, as a case study. David gained his degree and after some publicity on the garden and their design ideas, agreed to help Bill Mollison develop his thesis into a book which was published as *Permaculture One*.

THE PRACTICAL PATH

While Bill decided to promote the book and the concept of permaculture, David wanted to develop more practical skills. He worked with a builder in Hobart, developed a larger permaculture garden at Jacky's Marsh in Tasmania, then travelled to the Down to Earth Confest at Bredbo in NSW in 1979 to conduct permaculture workshops with Mollison. The Down to Earth movement inspired him to help organise a confest in Tasmania along permaculture principles. Timber from the property was used for the buildings, a bread oven was constructed, compost toilets were used and half the food for the 2000 who attended came from the gardens on the site.

In the early eighties, David helped and consulted on permaculture projects mostly from his new base in Melbourne. After meeting Su Denmet, they decided to leave the city with their blended family, and move to a one hectare block at Hepburn Springs. After a thorough examination of the site and appropriate earthworks, they have laid out a large permaculture garden and designed and built their own passive solar home, of-

fice and greenhouse all according to the principles of permaculture. David has documented this in his latest book, *Hepburn Permaculture Gardens, 10 Years of Sustainable Living*.

PHILOSOPHY

David Holmgren is deeply concerned about the planet and those living on it. He thinks it is too easy to blame the multinationals for trying to hook people on materialism, or to criticise educational institutions for turning out highly trained people and letting them think that they have an education. He believes we exist in a world of narrow specialists, each running a small part of the system in which we all live. No one, however, has an overview or the general experience to see how well the system is performing. No one is there to tell us when we have taken the wrong course and headed in a direction that will inevitably damage our future. And if they did, which specialist would recognise it and lead the move for change?

In a system like this, no one develops any common sense because the realities of life – the experiences, the dangers,

the fear, the joy, and the simple satisfaction of achievement through effort – are not available to us because of our dependency on others for goods and services.

So how would someone know they were in a system which is destroying the earth? What can someone do if they realise that ordinary, everyday activities are destructive to the earth that feeds us?

The first step, David advises, is to take as much personal responsibility for your own needs as possible. Draw back and concentrate your efforts in one place. Try to be well informed and have a healthy disrespect for secondary information. If you do not experience something yourself then it may not be true in your own life. So make the decisions, work to achieve your goals and bring all the consequences back home. That way, if you don't like anything, you can change it yourself and make it right.

Self-reliance involves physical work which is what creates our physical environment. Television, as it can be turned off and on at our whim, encourages the concept that everything can be controlled. But no one can control the weather,



The vegetable gardens in front of the house are within easy reach of the kitchen.
The sweet corn shades the greenhouse from summer heat.

rain cannot be turned off or on; it is completely out of our control. In childbirth, a natural process will take its course to bring a new life into the world. It involves pain and risk, but we must work along with it in a mature way. Life is a collection of natural processes which must be worked with, not controlled. Control leads to loss of environment which is the loss of our future. The concept of control also implies that those materially poor may not be in control. This can lead them to crime, drug use, or deep feelings of inadequacy and hopelessness.

People need an environment where they can see the consequences of their own actions. A child can start a garden and plant strawberries. When weeded and watered, the plants thrive and bear. If you eat them all then there are no more, or the birds might take some, but on a warm day more are ripe. This environment is the best education for a child and the healthiest for an adult.

Today people are disempowered by the magnitude of the environmental dilemma. Change must start with the individual and the household. If you just start a garden, and get involved with planting, growing and eating your own produce, you will have started to solve the problem. David Holmgren's lifestyle demonstrates the truth of his own philosophy and the practical value of permaculture.

HEPBURN PERMACULTURE GARDENS

BOOKS WRITTEN BY DAVID HOLMGREN (Prices include p&p.)

Hepburn Permaculture Gardens

Excellent guide to permaculture design for self-sufficient living. Explains in detail how to live off one hectare. Includes design of passive solar house, garden design, earthworks, costings, plant lists, etc. \$41.50.

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Trees on Treeless Plains

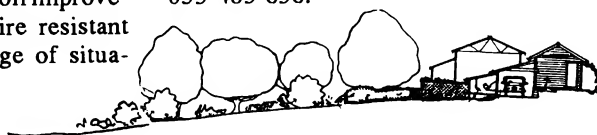
Revegetation Manual for the Volcanic Landscapes of Central Victoria.

An example of how permaculture principles can be used in revegetation to stop and prevent erosion and to increase farm productivity. Highly regarded essential reference for those working to improve public or private land, or to improve farm viability. \$56.50.

GUIDED TOURS

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David is also available for farm or permaculture planning. Holmgren Design Services, 16 Fourteenth St, Hepburn Springs, 3461. Ph. 053-483 636.



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WOOL AND JUTE MULCH MAT

by Lyn Baldock, Gladstone, Qld.

As our environment becomes more fragile we find ourselves looking for products to protect and enhance our world. Two products which have been with us for decades have risen to the forefront. Jute and pure new wool have been used to produce an erosion control and weed control matting. The matting is available in various grades and woven into a mesh matting to become a blanket. The grades of blanket include jute, jute and wool 60:40 and the 'Rolls Royce' of the matting products - wool. The matting is a nonwoven, needle felted fabric on a hessian mesh or polymesh base. The matting is then used to retain embankments, contour banks, cuttings, erosion control and last but not least, for weed control.

Firstly, let's look at retaining embankments and cuttings. The matting can be impregnated with seed before being put into place. The seeds will then germinate in the matting and give grasses a basis into which the roots can weave. In time the matting will break down into mulch and the grass or ground cover can take over, thus controlling erosion and enhancing ugly cuttings whilst blending into the environment. The hessian mesh will break down as well and leave no rubbish behind to pollute the environment.

A major objective of landscape maintenance programmes is the suppression or elimination of weed growth. Weeds not only detract aesthetically from the landscape, they also compete with desired trees, shrubs and other plants for space, light, water and nutrients. The matting helps control weeds which come through and retains moisture in the ground. Wool is hydroscopic, absorbing up to forty percent of its own weight of water. The resulting heavier fabric in its swollen state conforms well to ground topography and provides maximum ground cover and soil protection when most needed. Moisture percolates through, to be available for plant growth and is effectively retained as the matting significantly reduces moisture evaporation. Once the matting is saturated, it holds the moisture and releases the moisture into the soil slowly. This allows the plant a longer period to absorb moisture than under normal circum-

stances where the plant is saturated and then dries out quickly while it waits for the next rain or hosing. The blanket allows for added drought protection and also provides insulation which protects soil and plants from heat and cold thus reducing the impact of frost.

The home gardener and market gardener are not forgotten. Once the existing weeds are removed the blanket can be rolled into place and the need for watering and weeding greatly reduced. The pure new wool blanket is high in nitrogen, sulphur, sodium, potassium and magnesium. For crops such as strawberries, melons, and cucumbers, just to name a few, the runners stay on top of the matting and make for easier harvesting.

The landscaper, who at this stage uses plastic under the chip bark, can use the matting before putting the chip bark into place. The matting breaks down in time, but once covered with chip bark the mulching period will be prolonged compared to placing it in direct exposure to the elements.

The matting is easily cut to allow planting of trees, shrubs, ground covers and flowers. Fertilising is simple. Just spray or sprinkle on top and the water from rain or hosing or irrigation systems does the rest.

The hydroponic gardener is not forgotten. The matting makes an ideal medium for root systems.

It is ideal for liners in hanging baskets and for compost bin liners and covers. It looks very natural and all offcuts can be utilised. It comes in rolls up to 30 metres long and 1.7 metres wide, covering approximately 50 square metres, and is very reasonably priced.

The wool utilised in this product not only assists our wool industry but is a major step forward for the nursery and landscaping industries and in the protection of our ecology. Tests on moisture control, erosion control and weed control have been carried out by the Department of Primary Industry.

The product is available from most nurseries or from Trimlex Pty Ltd, Gladstone, Queensland. Ph: 079-725-827. Fax: 079-726-916. Both companies involved in manufacture and marketing are Australian owned and operated. See GR 108, p62 for another wool matting mulch product.

A POT PLANT HANGING RACK

by Wanda Wright, Castlemaine, Vic.

This simple to make hanging rack will display your plants on three levels. It is ideal for a room with high ceilings as it helps to make the room look more balanced. It can also be hung in an awkward corner or in front of a window where your plants will get plenty of light.

I found the easiest wood to work with when making the trays was a softwood. As the plastic trays can be bought in different lengths, it depends on what size you want to use as to what dimensions your wooden trays will be.

The approximate cost of this hanging rack (45cm plastic trays) is less than \$40.

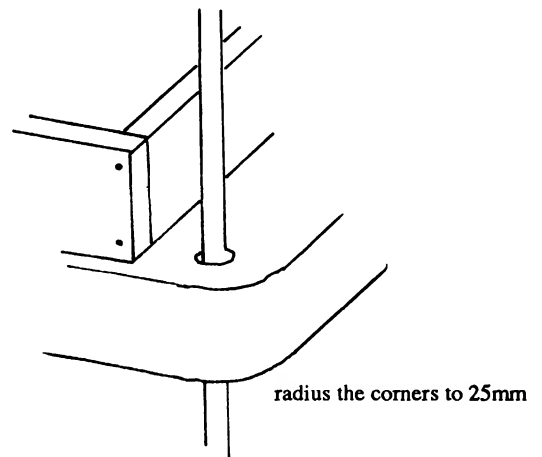
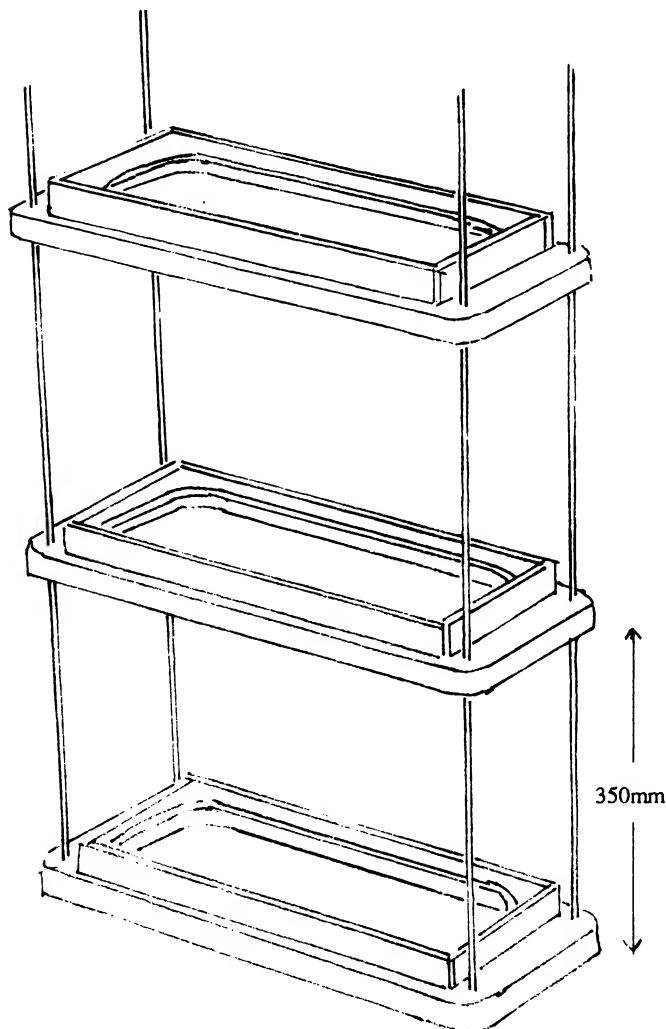
the dimensions of hanging rack depend on size of plastic tray.

frame around the tray leaving 5mm clearance all around

glue the frame centrally to the base

pin & glue frame corners

allow 50mm overhang on base at each end



EQUIPMENT

- 3 x plastic flower trays designed to take flower pots.
- 4 x screw-eyes (if fixing to a ceiling rafter or joist), or spring toggle cavity fixings fitted with hooks (if fixing to a plaster and lath, or plasterboard ceilings)
- 4 x lengths of rope – length depends on the height of your ceiling. Use sash, cord or nylon rope as it is more durable. Make sure each length is cut level.
- 6 x short lengths of 32 x 6mm softwood batten 10mm wider than plastic tray.

- 6 x short lengths of 32 x 6mm softwood batten 10mm longer than plastic tray.
- 3 x lengths of 200 x 25mm softwood planed all around, 100mm longer than frame. Round the corners and use for bases.
- 24 x panel pins
- PVA woodworking glue
- drill and 6mm drill bit
- woodstain, lacquer or paint for finish

PROCEDURE

- Glue and pin corners of wooden frame (2 short lengths and 2 long lengths), making sure that there is a 5mm clearance all around (between the plastic tray and wooden frame).
- Glue the wooden frame to the base wood centrally, making sure that there is a 50mm overhang at each end.
- Paint, stain, or lacquer the trays depending on your personal choice.
- Drill holes in the base (approx 6 mm) depending on your rope size. Make sure that the holes are spaced 25mm from the corners.

ASSEMBLING

- Thread the ropes through the holes of the first hanging tray and fix with a figure-8 knot underneath.

figure-8 knot

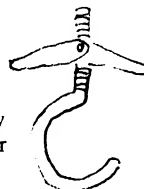


- Set the spacing between trays to suit your personal choice of plants. If you are having taller plants you can make one gap wider than the rest. A good space is about 350 mm. Again fix with a figure-8 knot.



use a screw-eye to fix to a ceiling joist or rafter

use a spring toggle cavity to fix to a lath and plaster or plasterboard



- Tie the top ends of the rope to either your screw-eyes or hooks. Use a round turn and two half-hitches to do this.
- Fix the hanging rack to your ceilings and fill with plants.

Contributors and correspondents who want letters or articles returned are requested to include correct postage.

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I WISH SOMEONE HAD TOLD ME ABOUT: THE WEATHER

by Mary Horsfall, Longwood East, Vic.

In this issue we begin a short series which examines some of the problems/situations/dilemmas which often catch newcomers to the country lifestyle more or less unprepared. We hope you will enjoy, empathise with, learn from, and perhaps contribute to, this lighthearted look at the perils of country living.

We thought we were living in the country when we moved to the little town of Emerald in the Dandenong Ranges. After four years the suburbs had caught up with us and it was time to *really* move to the country, build our own house, grow our own food, milk a cow, and practise all those other skills involved in a (somewhat) self-sufficient lifestyle. We read a bit, enrolled in a correspondence course on farm management, searched for and purchased some land, put our house on the market, and bought a caravan to live in while we built.

I shudder now to think of our blissful ignorance. We had a lot to learn and most of it didn't come from books and courses. Our first set of lessons con-

cerned the weather: the unreliability of it, the inconvenience of it, the extent to which people in the country rely on it, the sheer perverse cussedness of it. You would think that as two intelligent adults we would have known all that – not so. When your job is largely indoors the weather doesn't affect you greatly. Even when you have a garden to establish (We had half an acre at Emerald.), if you have a comfortable completed house to shelter in through wind, rain, hail and summer heat, the weather has very little impact on you; especially when said house has been built by professionals and you haven't actually laboured in the elements on it yourself.

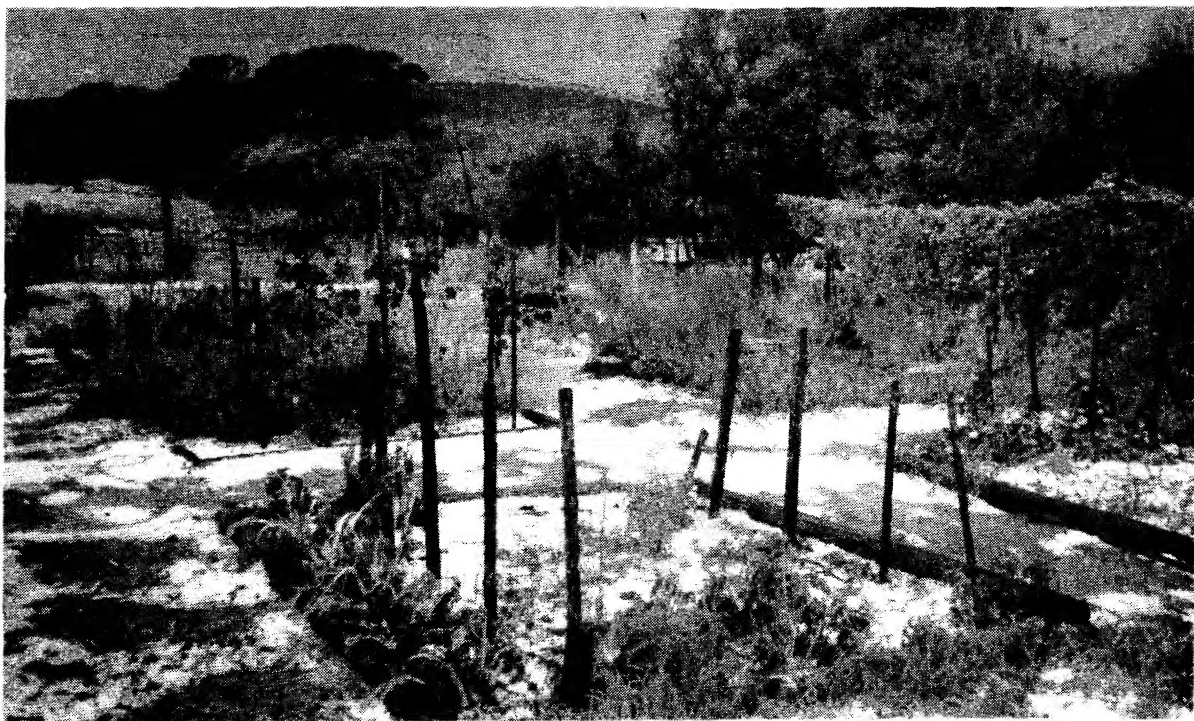
This was gently brought to our notice on the first wet day we visited our re-

cently acquired 40 acre block. Our footwear consisted of cloth sneakers which were soaked through in minutes and we owned no wet-weather clothing. Gumboots and waterproof jackets quickly went to the top of the priority list.

The day the materials for our house were delivered, rather than being one of high excitement, became a nightmare. It was pouring with rain, we had no formed driveway and no undercover area in which to store the timber. The delivery truck got bogged just inside the gate. A neighbour with a tractor came to the rescue. All the material had to be off-loaded and double-handled along a lengthy quagmire of undriven; the truck had to be dug and pulled out of the bog, and all building material covered



For months the building site was a muddy quagmire and we carted around kilos of it on our boots.



A severe hailstorm in February '94 devastated the garden. The vegetables were left in tatters and every piece of fruit bruised beyond use. Remarkably, many of the vegetables did recover.

in sheets of plastic. All this in remorseless unrelenting rain and dense fog.

Priorities were rearranged once more, and the formation of a driveway was added to the list of unexpected expenses. We also decided we'd better put more effort into getting our shed built. This of course delayed the house building and the timber mouldered in damp piles under the plastic for weeks. (Or was that months? Somehow the memories of that time have taken on a hazy, nightmarish, best forgotten quality.)

Building the house itself was the next big adventure. We started in June. It poured, we froze, we slithered in the slime on heavy mud-encrusted gumboots. We dug foundations, by hand, which quickly filled with water. I should mention that around about this time the mysterious tiredness and malaise which I had been attributing to the unaccustomed physical work was discovered to be caused by pregnancy and I often felt too ill to be of much use. Some days Rodney's hands were so frozen-cold he couldn't hold the hammer. I suppose it didn't matter when he missed the nails and hit his fingers as he couldn't feel them anyway. Several of these days we gave ourselves a 'holiday' and scuttled back to Emerald to visit friends and family who were luxuriating in their warm, comfortable, dry houses.

By the time we realised what a con-

tinual uphill battle it was to build a house in the winter, it was too late to make other arrangements; we just had to plod on. If there's one piece of advice I feel confident in giving to aspiring owner builders, it is to choose your time carefully. Ask locals when you can expect to experience the most, and the least, congenial conditions and plan accordingly. The job is hard enough for inexperienced hands without having to fight the weather at the same time.

Of course, the other side of the weather coin is drought. When you are trying to produce your own food, to say nothing of the brave souls who actually try to make some money from their land, lack of water is crucial, and day after disgustingly perfect day of blue sky and fine weather can certainly erode the sense of humour. Hours spent holding hoses and carrying cans of water to distant plants (when there is so much else to do too!) are not exactly a laugh a minute either. If you are looking for land, immediately reject any blocks that don't have rivers/creeks/springs/waterfalls/lakes/large dams, or, for preference, all of the above. Your watering system you will work out in time, with much trial and error, but you absolutely *must* have the water there to start with.

Our land had a couple of springs and we had a dam built ourselves as a first priority. We were, however, naive

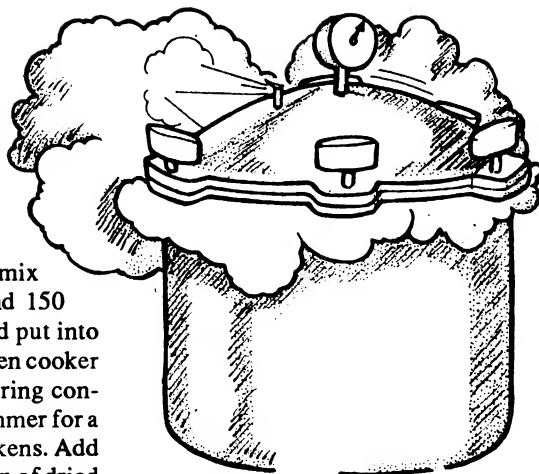
enough to let the contractor talk us into a smaller dam than we had initially wanted – he couldn't conceive of why we would need that much water. While we have always managed to keep the garden going (just) it has not been easy in some years. Nonetheless, the dam has proved to be well sited and did not leak, as many in this area did, so we have recently had the contractor back to enlarge both it and one of the spring dams. The extra water storage will, we hope, make our lives a bit easier, our garden greener, and, make us a little less dependent on . . . the weather.

In closing, I should mention the strong winds (and cyclones in the north) that will destroy your garden, rip established trees out of the ground, and be impossible to work in; the summer hail that will pound your vegetables into the ground and strip your trees of fruit and leaves, as well as breaking your solar panels; the late frosts that will freeze the blossom off the fruit trees and wither those early vegetable seedlings you thought you were safe in planting . . . Any degree of self-reliance necessitates a very outdoor lifestyle, so never, never underestimate the weather.

We would like to hear from readers about what they most wish someone had told them before they moved to the country. If you have an experience to share, please write (but keep it brief) and we'll try to publish the most useful advice and amusing anecdotes.

COOKING UNDER PRESSURE

by Margaret Robson Kett, Port Kennedy, WA.



Every family has its legend of the night Mum decorated the kitchen ceiling with pea soup, courtesy of the pressure cooker. This should not deter anyone from trying this labour-saving, fuel-efficient method of cooking which works equally well on electric, gas and solid fuel stoves.

The scientific principle involved is that, in ordinary cooking, liquids boil at 100°C (212°F). This temperature cannot increase regardless of how long boiling continues, as it is subjected to atmospheric pressure. It is the increasing of pressure which leads to raised temperature, and this is achieved using a steam-proof lid and pressure regulators such as weights and vents. The raised temperatures mean that foods are cooked in less time and are tenderised in the process. With such high temperatures, the secret to perfect cooking is in reducing the pressure quickly once cooking time has elapsed. This is done by running cold water carefully over the cooker. Both of my sisters have microwaves and regard me as hopelessly old-fashioned, but the pressure cooker is as quick as a microwave for most things. It is ideally suited to one-pot meals.

SOME SUGGESTIONS

Vegies

Cooking vegetables in the pressure cooker is quick and root vegies especially are beautifully moist and tender. Potatoes, pumpkin, carrots and turnips cook in about eight minutes, green vegies take even less time. One advantage I find in preparing meals that small children will be eating is that during cooking skins can be left on vegies, after pressure cooking they just slip off. Some cookers come equipped with baskets which fit inside to separate vegies during cooking and these come in very handy for blanching small batches for the freezer.

Sweet and Sour Beetroot

Cook 500 grams of beetroot as directed in your instruction book. When cool enough to handle, slip skins off and slice into five millimetre slices. Make a flour paste of one tablespoon of flour

and two tablespoons of water, mix it with 25 grams of sugar and 150 millilitres of wine vinegar and put into saucepan. (You can use the open cooker as one.) Bring to the boil, stirring constantly. Lower the heat and simmer for a few minutes until mixture thickens. Add the beetroot and half a teaspoon of dried dill, turning the slices carefully so that the sauce coats them evenly. Simmer gently for 10 minutes. Remove from heat and allow to cool. This makes a lovely summer side dish and can be frozen.

Pulses

Pulses and grains cook very well under pressure. It is very important to follow the manufacturer's directions about the quantity to be cooked at one time, many a split pea has got stuck in a vent, hence the family legend. Soak the lentils, beans or chick peas as directed, then cook in about half the usual time. They turn out mealy without being waterlogged.

Hummus

250 g chick peas
2 tsp cumin
2 lge cloves garlic
50-90 ml lemon juice
50 ml olive oil

Soak the chick peas and cook in the pressure cooker. Mash them with a little of the cooking water and gradually add the other ingredients to taste.

Meat

The cheapest cuts of meat make delicious casseroles. When cutting up our home-killed lamb, a lot of odd shaped chops and bits end up in bags marked 'casserole'. Brown the meat in the bottom of the open cooker, add a minimum of 250 millilitres water, toss in a few vegies and cook for 30-40 minutes - delicious!

You can also dispose of the nonlayer of the flock and get the basis for at least two meals. Joint the chicken and cook according to your directions. For my cooker, it is ten minutes per 400 grams at high pressure. Strain off the stock and cool. The chicken bones can be picked clean and the meat used for flans, pies and salads.

Puddings

Steamed puddings, that wonderful winter warmer, are superb done in the cooker. Cooking and reheating the Christmas pud does not heat up the kitchen quite as much as the open pot method does, an advantage for me in our WA summer. Incidentally, last year my pudding blew out the safety valve in the pressure cooker lid. The ceiling did not change colour as the pudding was in a covered bowl, so only boiling water was lost. The valve was replaced and it's as good as new. Custards cook to perfection and you'll never go back to the packet mix.

Miscellaneous

Winter is the ideal time for hearty soups and stews; give the pressure cooker method a go and have more time for your favourite noncooking activity!

According to my instruction book, fruit and vegies can be bottled in the cooker as well. I have not tried it. It is also terrific for camping trips, whether cooking on a portable stove or campfire.

Pressure cookers range in price from \$60 to \$300, depending on the size and material. I have seen them in second-hand shops, but would only buy one that came with an instruction book.

★★★★★★★★★★★★★★★★

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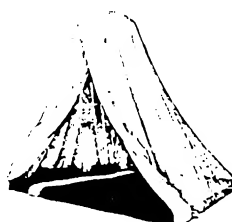
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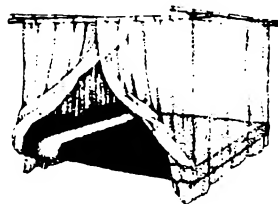
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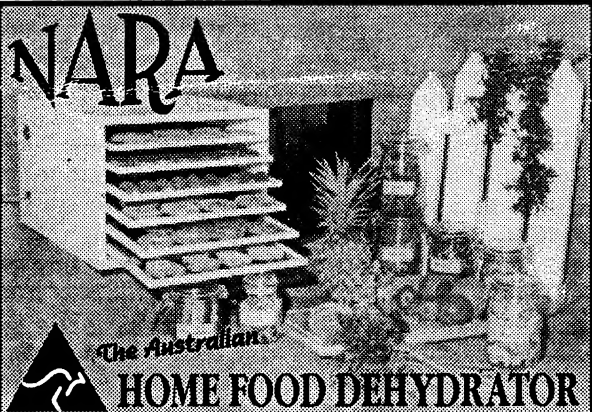
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BONSAI, PLEASURE AND PROFIT

by Jose Robinson, Wild Cattle Island.

I'm a relative newcomer to bonsai. I've only been working at it for about eight years. I sell my bonsai at markets as well as privately. I also use them as barter in my local LETS group. They make cheap presents. They cost me nothing to propagate except patience and time. The new seedlings I find under the many Moreton Bay fig trees here on the island. The containers I construct from scrap timber brought home from the tip. Bamboo for the legs of the containers, I grow in my own garden. Shell grit I collect from the beach and wash in fresh water several times.

ANYONE CAN BONSAI - even me!

Bonsai is one of the most exciting forms of horticulture ever to be practised. Giant type trees can be reduced to proportions so small that they may fit into the palm of the hand. They are not concerned about droughts or floods, as they live permanently in pots. The fascination of bonsai may be in doing the seemingly impossible, that is making an exquisitely aligned miniature out of what nature intended to be a giant tree.

Although this extraordinary branch of horticulture was originated by the

Chinese, it was the Japanese who later refined the art and introduced it to the western world.

As a beginner in bonsai, I used to make a study of how normal trees grow in the bush. Especially the base of large trees, how the roots radiate from the trunk at ground level. Often trees on the coast in windswept areas have a tortured twisted trunk. They can have exposed roots, or roots growing over and round rocks. In bonsai we can learn from nature and apply this knowledge to our miniatures.

All bonsai trees are not necessarily dwarfs of a few centimetres high. Some can be up to a metre in height. One of the main criteria is to have a pot in keeping with the size of the plant. Japanese say that what the frame is to the picture, the pot is to the bonsai. Many and varied pots are available - round, square, oval, rectangular and multisided. Some have four 'feet' to keep the pot off the surface. Whatever shaped pot you choose, always remember the pot must relate to the proportions of the tree. It is generally accepted that the height of the tree can be one and a half times the length of the pot. I make my own pots from marine

ply in a rectangular shape with four small blocks for feet. Traditionally, evergreens should go into brown pots, so I paint all mine in good old Mission Brown.

A loose guideline for shape of the tree is (a) a formal upright style; (b) an informal upright style, which means the trunk may curve to 10 degrees either side of vertical when viewed from the front; (c) slanting style. Here the trunk may curve to the right or left apex from front up to 45 degrees.

Living where I do, just south of the Tropic of Capricorn, I chose the Moreton Bay fig which occurs naturally here, with which to begin my bonsai experiments some eight years ago. I've had mixed success, but decided to specialise in this locally growing tree mainly because I have ready access to plenty of specimens, some already partially naturally bonsaied. It is a hardy tree and will take plenty of punishment. It is the above-ground root structure as well as the beautiful aerial roots which mainly attract me.

Japanese bonsai growers say in order of training importance, the trunk comes first, then the branches, lastly the roots.



Bonsai plants are an interesting challenge to grow and can produce some additional income if sold at market stalls.

Trunk

The trunk should appear to taper naturally from the base to the top. Of course pruning of the branches is inevitable along the way, but this can be camouflaged by future growth and leaves.

Branches

Rules for governing the shape of branches, regardless of style, include alternate arranging of them. It is the pruning of the branches that determines a good or a not-so-good bonsai. Harmony should prevail throughout both the trunk and the branches.

Roots

It is desirable to have an attractive root system of the tree visible at soil level. It should appear that the dwarf tree has a good hold on the earth and have the appearance of maturity, the same as old trees do in the natural landscape.

Selection

When choosing what type of tree to bonsai, leaf size should be an important consideration. Certain trees will adjust their leaf size to their environment. Perhaps this is another reason why I chose the Moreton Bay fig. It is a classical example of adapting its leaf size. I have many miniature Moreton Bay figs in various states of size and age. All are very forgiving, even when I've left their wires on far too long.

Many types of fruit trees are suitable for bonsai. Some, such as citrus and persimmon, will produce fruit, but usually no more than three fruit should be allowed to remain on a medium-sized bonsai. Azalea, banksia, maple, beech, camelia, camphor laurel, cedar, cotoneaster, cypress, jacaranda, juniper, liquidamber, oak, pine, wisteria, willow, Japanese maple and countless other trees are suitable to bonsai. Many Australian native trees have been experimented with and found successful. These include some figs, Illawarra flame tree, Queensland bottle tree, some banksias and some eucalypts. It is all a matter of experimentation. Try and see.

One of the challenges in the art of bonsai is the need to limit and control the new growth, especially at the top of the tree. This is where the concentration of new growth is greatest, but the weight must be kept to the lowest branches if you are to create a balanced bonsai.

Some people are of the opinion that bonsai plants are for indoors. This is indeed a fallacy. Bonsai plants should be kept outdoors, but in a semi-shel-

tered area.

There is no magic formula for success in growing bonsai, just a sound knowledge of good gardening practices, and a good deal of common sense plus care and love.

In most of my bonsai pots I have included one relative size rock or piece of driftwood. Plants such as the Moreton Bay fig soon set up a root system above the ground to cling to the rock exterior. This can look very attractive and can depict a more aged look than is really the case.

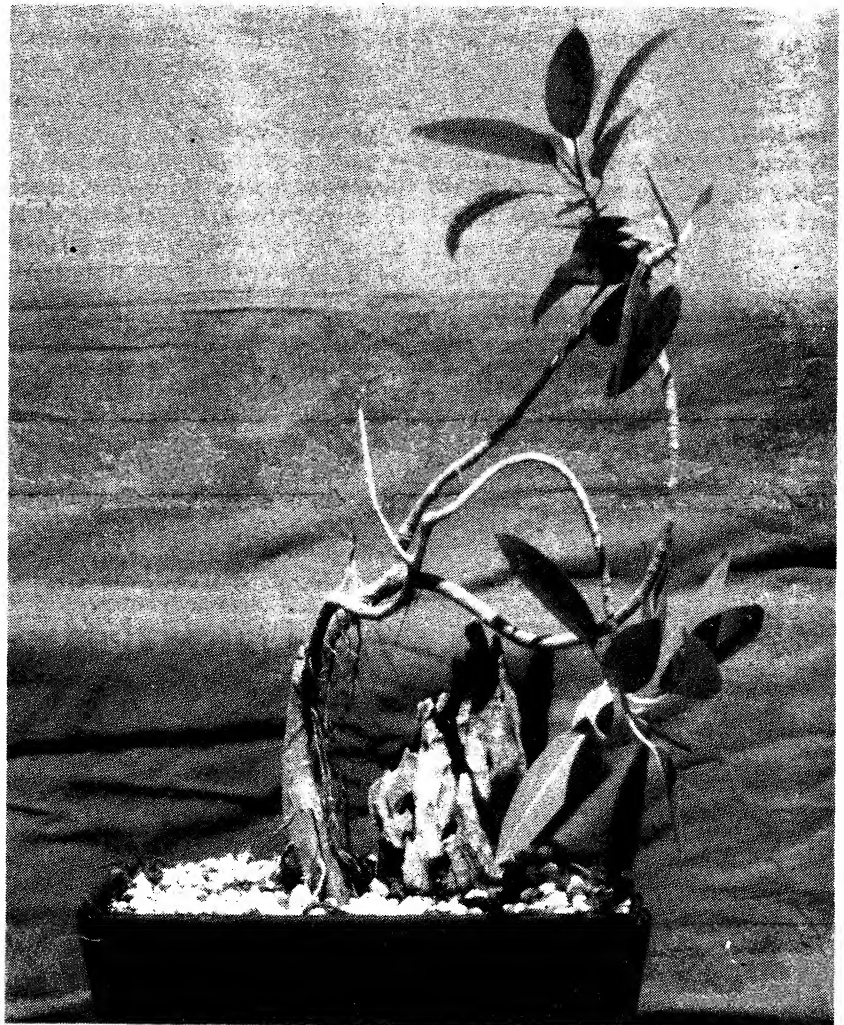
Training

Pruning and wiring are essential in training bonsai trees. The tree is controlled by pruning and the shape is influenced by the wiring. Young trees two or three years old are very suitable for beginners as they are still quite flexible. Even elastic bands and weights are sometimes used to guide a shape. Weights may be hung from the tips of branches. While these methods of shaping are not

as efficient as wiring, in some instances they can work quite well.

Single copper wire is wrapped around a trunk at an angle of approximately 45 degrees and spaced to give sufficient support when the tree is gently bent to the required angle. If the trunk is stubborn, sometimes a second wire needs to be wound directly under the first wire following just under the first application. The gauge of the copper wire needs to be sufficient to retain the shape once the stem or branches are bent. Usually 12-18 gauge is satisfactory. Anchor the cut length of wire in the soil of the pot when you begin winding up the stem in a manner which will support it as pressure is applied to bend in the manner required.

Only apply gentle pressure until the wood responds. Apply wire to each branch as needed. Summer is the best time to apply the wire. As all trees are different, the length of time varies as to when to leave the wire on. Some need



Harmony throughout the trunk and branches is important, with the weight kept to the lowest branches.

only a few months, some over a year. When removing the wire, if it has bitten into the tree from having been left on too long, care must be exercised not to damage tree or leaves. Use a wire cutting tool and cut through the wire in several places to unwind.

Pruning is mainly to force the production of new branches. It is important to remember that once the main growing tip of any tree is cut, it will never grow again, but branches will form either side. Then one of these branches can be trained to be the leader. If many branches are desired, then this new leader may be eventually cut to form more branchlets. Once a plant is mature, pruning can control both size and shape, and pruning of the outer tips makes for a dense leaf canopy.

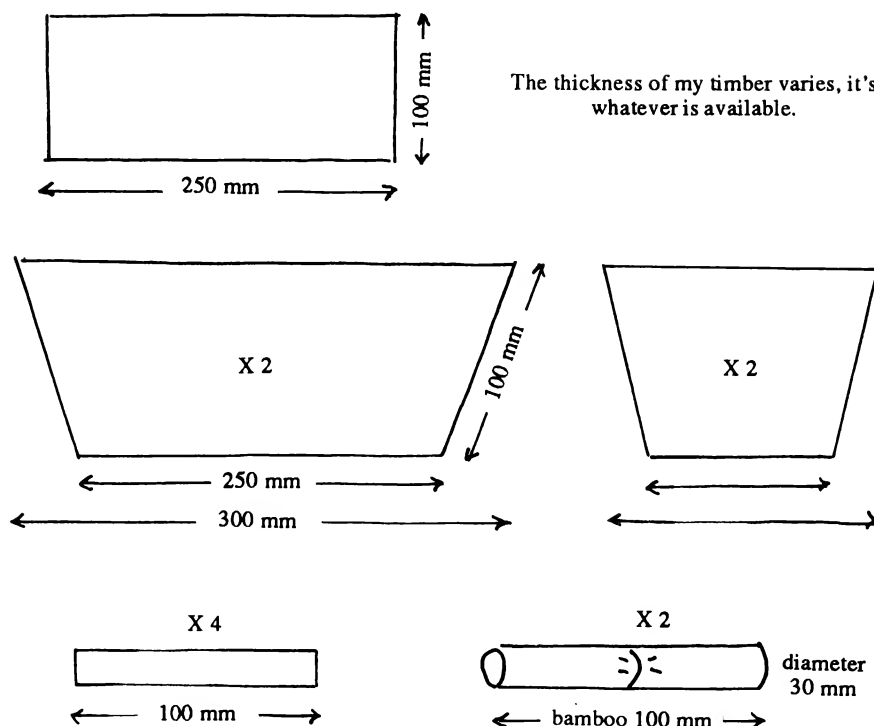
Root Pruning

Root pruning is one of the most important routines in bonsai growing. Initially the root system must be trained to survive in a shallow container. After about one year some trees with a main tap root can have this root cut in halves quite safely, then side roots will branch out. The interval between root pruning varies in different trees. Some may only require pruning after five years, some may not require it for ten years.

Soil

A good bonsai potting mix may be

My Plan for Constructing Timber Rectangular Bonsai Pots



bought ready mixed, or you can easily do it yourself. Seven parts garden loam, three parts peat moss or compost and two parts sand. In rectangular or oval pots the tree should be placed one-third of the distance from the end of the pot.

Once you have become proficient at growing bonsai trees, you can experiment with many shapes, types of trees, pruning, wiring etc. It can be lots of fun and very remunerative.

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WASH WITHOUT CHEMICALS

by Margaret Tacey, Kialla West, Vic.

When I wrote in GR 109 about re-using grey water on the garden, I pointed out that the more natural the washing powder, the better the grey water would be for the garden. I did not know then, that you could wash your clothes successfully without using any washing powders at all!

We came across a product called Tri-Clean, which is three small discs, enclosing ceramic beads, that look more like baby's rattles than a cleaning product. The beads work by changing the ionic composition of the wash water, allowing the dirt to be dislodged from the clothes and flushed away with the water. The discs are re-useable and should last for 1460 (and perhaps as many as 2000) washing sessions, or two loads per day for two years. They are also claimed to be safe for chemically sensitive people to use.

We decided to try Tri-Clean to see if it lived up to its claims, and we thought it would be a good product for Robin Stewart to test. Author of *The Clean-*

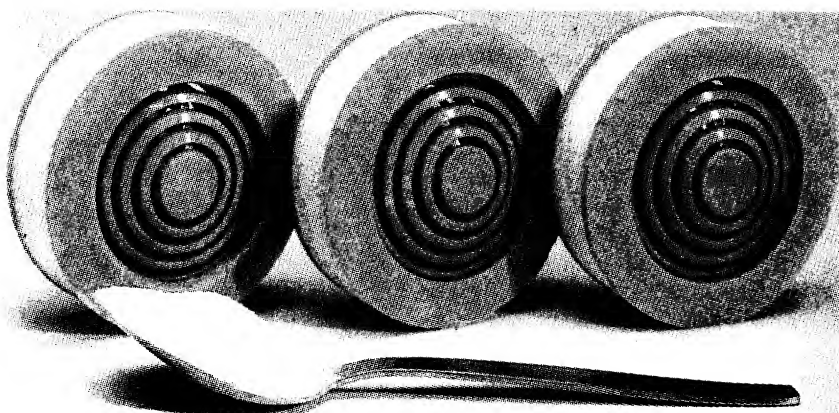
house Effect and chemically sensitive herself, Robin felt that Tri-Clean washed her clothes as well as, or even better, than the nontoxic cleaners that she had been using, but without any residues at all in the 'grey' water. The ceramic discs did not cause an allergic reaction and the negative charging of the water had no adverse effects.

I have since tested Tri-Clean with my washing. Most loads clean very satisfactorily smelling like... well, washing!, not strongly perfumed chemical

cocktails. Some of my son's grubby white motorbike riding T-shirts required overnight soaking in borax and Tri-Clean, but my husband's farm clothes cleaned very well just with Tri-Clean.

I feel confident that my septic tank will be healthier and that I can safely divert my wash water onto the garden when needed.

Tri-Clean is available from: Reply paid 130, Star Lazer, PO Box 1191, Lane Cove 2066. Ph: 1800-803-862 or 02-9417-8824. Cost is \$79.95, including p&p.





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DEAD MEN AND STRAINER POSTS

by Michelle Edwards, Aitkenvale, Qld.

Having struggled through the drama of standing several strainer posts which either rotted out or fell over I would like to pass on some fencing skills acquired in the past fourteen years. Ever wonder why some strainer posts look just like slightly larger fence posts? No stays, props or wires holding them in place? The answer is dead men. Not the physical variety but short pieces of timber buried against the strainer and referred to by the old-timers as dead men.

Dead men have several advantages over other types of stays for strainer posts. For a start they don't take a great deal of fitting and they don't rot out nearly as quickly as above-ground stays. Slanting stays must be mortised in and seem to be an open invitation to woodrot and white ants. Goats are especially fond of using stays as climbing aids to escape from carefully constructed pens.

So on to what to do with your dead man. Assuming you have decided where to place your strainer posts, the first thing that must be done is to dig a hole one metre deep and shaped so your strainer post fits into it with a five-centimetre or larger gap all around it.

Next back-ram your strainer post until the soil is around forty centimetres from the top of the hole. I have found that when back-ramming a post the only way to get compaction is to do it in three or four 'steps'. The bottom 'step', or first lot of soil put back into the hole is critical. If it isn't compacted properly nothing you can do will make your strainer post firm in the ground.

Put in enough soil so that the strainer is surrounded by fifteen to twenty centimetres of loose soil, then compact the soil with the rounded end or spud of your crowbar. You will know when the soil is compacted as once it is, the spud of your crowbar will only make a slight indentation in the soil.

Make sure your strainer stays vertical while you are back-ramming the rest of the soil. Having someone to hold the strainer is the easiest way. Otherwise you must just keep checking it until it is firm in the ground and you are sure it won't move.

Once you have compacted the soil to within forty centimetres of ground level, you must make provision for the dead



Mark out the position of the dead man on the side of the post which has the greatest pull on it from the wire.



Hole dug and dead man in position ready for soil to be back-filled.

man. A dead man is usually around ninety centimetres long and sixteen centimetres in diameter. These measurements can be exceeded; depending on

soil type sometimes a bigger dead man is better.

Work out which side of the strainer will have the greatest pull upon it from



Compact the soil firmly around strainer post and over the dead man.

the wire. Then lay your dead man on the ground on that side of the post, across the direction of pull from the wire.

Mark around the dead man and dig out a similar shaped hole around forty centimetres deep. Place the dead man into the hole, making sure it is firmly against the strainer post. If it doesn't fit firmly against the post trim it flat with an axe. The dead man can be notched to fit against the strainer, but as long as it

makes firm contact this is unnecessary.

If you have an assistant, place a crow-bar against the dead man and get your assistant to keep some weight against the dead man as you back-ram the soil around and over it.

Make sure the soil is firmly compacted around the top of the strainer post and over the dead man. That's it, your strainer is now ready for use.



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THE PERMACULTURE GARDEN

First Principles

by Margi Jackson, Williamstown, Vic.

Permaculture is essentially an approach to the way we inhabit this planet: the conscious design of an ecologically sound way of living, in our households, gardens and communities. A well planned permaculture garden is a carefully thought out integration of plants, animals and structures, to create a self-perpetuating, resilient system which provides for the needs of the household and its occupants whilst reducing energy and resource inputs and minimising waste outputs.

BASIC PRINCIPLES

The basic principles of permaculture are modelled on those at play in natural ecosystems. By information gained from the observation of natural processes, we can learn to work with, rather than against, nature.

There is a dynamic balance in natural systems. Complex interactions exist amongst a diversity of plants, animals and micro-organisms. Nutrients are cycled within the system; there is no waste.

A natural forest exists on many levels: the upper tree canopy; a middle-storey of smaller trees, bushes and shrubs; lower layers of herbs and ground covers, and climbers and vines which clamber through all the different layers.

In a well designed edible ecosystem, useful connections are promoted between elements (plant species, animals, structures) by grouping them together to mimic the complex interrelationships in place in a natural system. Plantings are diverse and complementary, intensive and multilayered ('stacked') to promote harmonious interactions, productivity and successive croppings. Nutrients are harvested, stored and cycled on-site, and waste outputs are kept to a minimum.

An 'edible ecosystem' can be established by anyone, anywhere: the principles and practices of permaculture are applicable from city gardens to broad-acre rural properties.

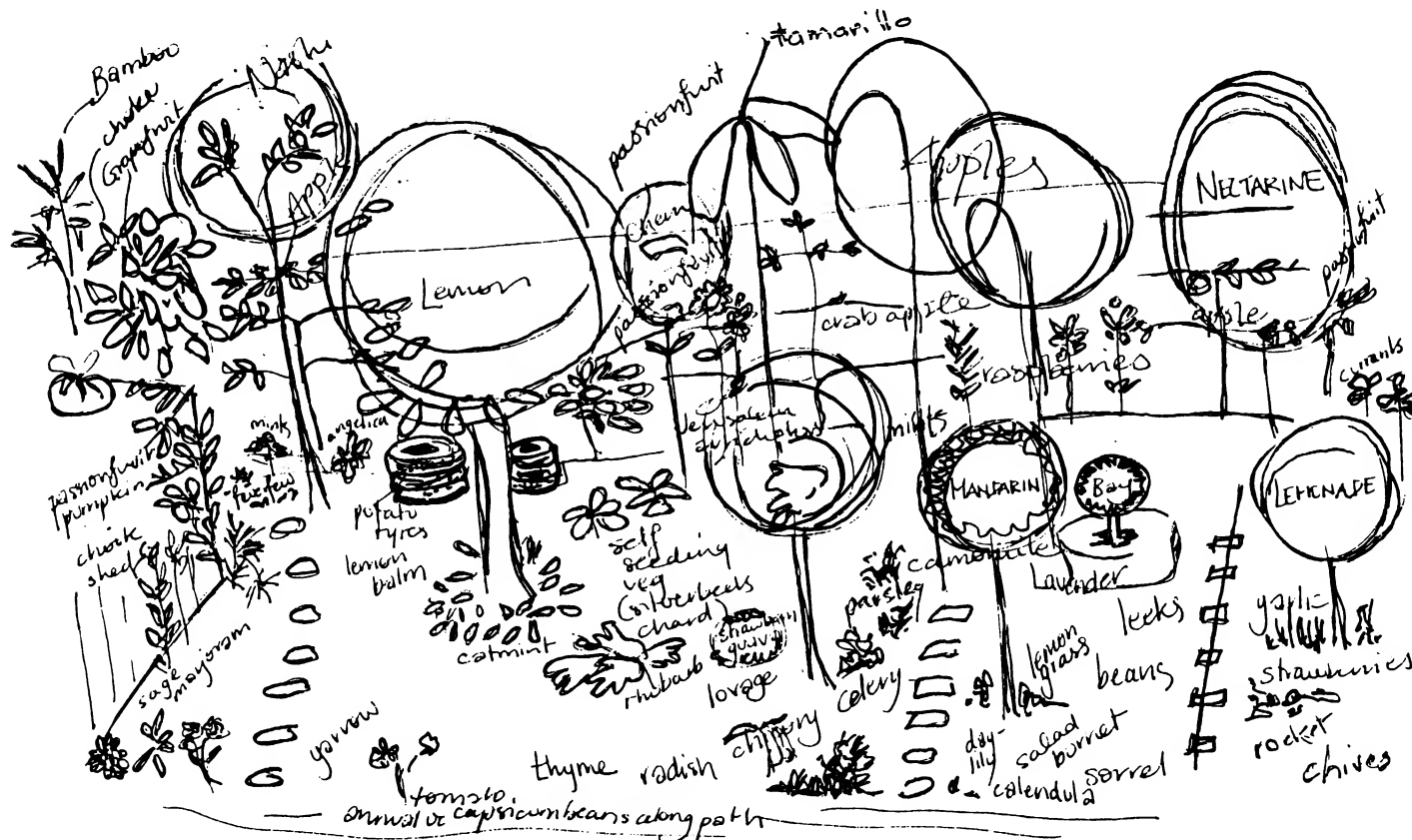
However, while not for a moment denigrating the choice of a rural life-

style, it is often the case that setting up on a large country acreage involves energy expenditure and input of resources for provision of shelter, water supply etc, which limits the time and resources available for the development of a stable food production system.

On the other hand, urban areas offer huge (and at present under-utilised) scope for the successful achievement of a sustainable and resourceful lifestyle option. The infrastructure of the city is already in place; existing buildings provide shelter and, most importantly, the major proportion of the population is based in urban areas, with the skills and experience to share in developing both private and public space permacultures.

THE PROBLEM IS THE SOLUTION

Rather than being a resource-guzzling 'sink', the city can be seen as an unlimited 'source'. Quite apart from urban backyards, there are vast tracts of unused land throughout the suburbs, and local stables, fruiterers, restaurants,



councils etc etc offer a readily accessible supply of re-usable and compostable materials.

Let's face it, cities are here to stay, and people will remain city-focused for reasons of work, family and social commitments, so it makes a lot of sense to utilise the resources of the city and bring food production back to where the people are, and thereby help to ease the long-term destructive consequences of the city's dependence on large-scale monocultural food production.

It is within every urban dweller's capabilities to take some control over supplying at least some of their food needs, whether that be a pot of parsley by the back door, or a full-scale urban food-producing forest in the backyard.

THE PERENNIAL FOOD FOREST

In designing for implementation of a perennial, food producing 'forest' we should follow the example of a natural forest by establishing a diversity of food bearing species in a mixed planting which emulates the many layers and interactions of a natural system, and by recycling plant and animal wastes to minimise dependence on nutrient inputs.

Selection of appropriate species allows for diverse and successive yields over the seasons. For example: A range of apple trees – on dwarfing rootstock for smaller areas – from early-ripening Jonathon to mid-season Granny Smith to late-bearing Lady William will provide for a fresh harvest over an extended period. Underplanting the apple trees with currant bushes, pepino, garlic, chives, camomile and so on will make intensive use of the space, provide for beneficial interactions – pest and weed control, pollination – and supply extra yields.

As a general rule, evergreen trees are planted to the south/south-west for protection from cold, damaging winds. Together with shelter from any existing structures, these plantings can be used to create microclimatic niches for marginal, wind-sensitive plants like bananas and avocados. A possible exception to this 'rule' is the lemon tree, which should be planted as close as practicable to the kitchen door for ease of access to the frequently harvested fruit.

Deciduous trees are planted to the north to allow for winter sun and summer shade (especially in terms of climate control for the house). Deciduous trees are underplanted with heat-sensitive plants (currants, berries, rhubarb) and spring bulbs (opposite growth habit to deciduous, so no competition). Smaller trees and bushes (feijoa, strawberry guava, tamarillo, dwarf fruit trees) are planted in front of the larger trees to allow them adequate sunlight.

Small shrubs, herbs and ground layers (cape gooseberry, pepino, cranberry) form a living mulch, providing soil insulation and maximising use of space. Vines and climbers (choko, runner beans, chilacayote, pumpkins etc.) are utilised to occupy all layers, scrambling vertically through trees, over fences and other structures.

At an early stage in the design, space is designated for plantings of low-maintenance perennial crops (asparagus, artichokes and cardoons, Jerusalem artichokes, rhubarb) which reward initial placement by bearing productively year after year.

In 'The Parable of the Chicken' (from *The Best of Permaculture*, Lindegger & Tap, Nascimanere publications), Bill Mollison cites the quarter-acre block as being the ideal production size, able to support an intensive polyculture of food-

bearing plants. The standard urban block offers a manageable area which, if well designed, has the potential to provide a good percentage of a family's fresh food requirements across the seasons.

Once a framework of your perennial food-forest is in place, the need for on-going maintenance should be minimal, allowing you plenty of time to get on with all the other aspects of a busy urban existence!

ERADICATION OF MEALY BUGS

Ladybird larvae and some wasp parasites feed on mealybugs, however, if the predators are not dealing with the problem, mealybugs can be removed with a toothpick or cotton swab dipped in methylated spirits. If only the leaves and top growth of plants are infested, they can be safely sprayed with a pyrethrum emulsion of soapy water.



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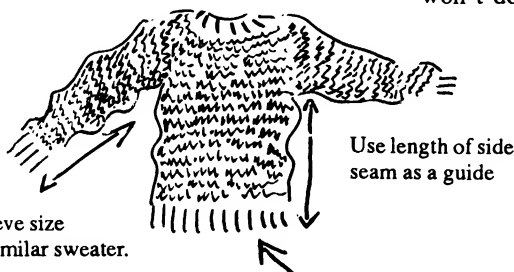
by Pam Cole, Tuncurry, NSW.

This is the tale of how a favourite jacket was made, and all for the cost of a tin of dye and a handful of salt. Just sheer good luck that the other materials happened to be on hand. It was all invented as we went along, gave a lot of fun, and resulted in a cosy coat of many colours, which, after long years of wear, now enters the category of Useful Gardening Jumper – this can be its retirement accolade.

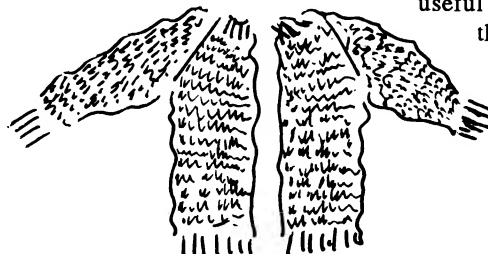
First, we'd tired a little of the natural hues of homespun, charming though they be. The eye and hand craved colour. Well, we had a white fleece, and we'd heard about onion skins, so away we went! Masses of brown onion peelings were collected, boiled up with some salt, and large handfuls of clean fleece dyed in the golden brew. There seemed enough left in the dye pot for a second, and then a third, load of wool. It was interesting to notice how succeeding dyelots came out a few shades paler each time. Then it had all run out. The dyed wool, squeezed dry and spun in the washing machine, festooned the backyard grapevine, presenting several shades of mustardy-gold. But not enough, yet. You can only call upon a family to eat a certain number of onions, after all!

Ransacking the house we found several tins of fabric dye, relics of one of the horde's craze for tie dying. Following instructions for wool, we dyed potfuls of blue, in successively paler shades till it ran low, and kept the last dregs aside in a glass jar. Then crimson, and chocolate. No more dye, so tried mixing the leftovers from the glass jars, which gave us some purples and maroons, again in diminishing shades. It sounds garish

Take One Old Jumper



Usually counting stitches helps with how many to cast on.



For two fronts halve number of back stitches.

Needle Size
Depends on ply of your wool
– read any knitting book
then experiment.

perhaps, but in fact the weakened strength of each batch gave a softness which helped to blend and blur the rainbow effect. The sunny backyard looked most exotic with multi-hued bundles of fluff on its winter-bare branches.

This was all so much fun that a packet of soft green dye was bought, and this time we tried colour effects on a few skeins of previously spun yarn. It went well, resulting in a dark, a very pale and a mid-strength shade. It took a little longer to dry than did the loose fleece.

Spinning was a pleasure, with the discovery of how each shade turned out and the delight of handling such a variety of colour; pastel-soft, jewel-bright antidotes to the now blustery and grim winter weather.

Summer intervened, and it was next autumn that the basket piled with colour was hauled out of the mothball cupboard. The yarn was roughly equivalent to a 12 ply, so good-oh, that meant nice fat needles and a quick job. Sixes and fours should do the job, now the pattern. Now, if you've stayed with me so far, you must be a spinner, so you know already that handspun varies so much that patterns for bought wool just won't do. I cast on the

Dye Info
At this stage I knew nothing about mordants. Just lucky that the bought dyes needed none. and I did just know enough to use lots of salt in the onion skin brew! All colours have held for years.



same number of stitches from a jumper of approximate size and type of yarn, and checked it out for measurement and tension after some was knitted. It's easy enough to add or subtract to adjust size at that stage before going on. Went straight up the back till size seemed right, cast off for underarms, and proceeded casting off as for a raglan sleeve, till the back-of-neck looked the correct size. I chose to do the back first, selecting and blending colours to suit my taste, and then following the same sequence of colours on the two fronts, so that stripes matched at side seams. Sleeves were done with similar rough calculations. A few rows of crochet around front facings and neck finished things off.

It served for years at work or shopping, now past its first youth and with darned elbows (heavens, aren't we all?) it's still going strong as a cosy house-and-garden number.

Experiments in dyeing with teas and coffee followed, and later all the leftover bits of wool were combined on a circular needle to make a useful skirt. But maybe that's a story for another time!

WINTER WOOLCRAFT

As the days become cooler, it's time to get out the wool and needles and begin the knitting projects. These tips will help make your garments well finished and adaptable.

INVISIBLE CASTING ON

Even if you are an experienced knitter, you'll be delighted to discover this technique which leaves a neatly rounded edge with a rolled look, rather than a straight hard edge. Using a contrasting yarn, which is later removed, and the thumb method, cast on half the number of stitches required, plus one. Now using the correct yarn for the garment, begin the ribbing.

1st Row: K1, *yfwd, K1, repeat from * to end.

2nd Row: K1, *yfwd, S1 1, ybk, K1, repeat from * to end.

3rd Row: S1 1, *ybk, K1, yfwd, S1 1, repeat from * to end.

Repeat 2nd and 3rd rows once more.

6th Row: K1, *P1, K1, repeat from * to end.

7th Row: P1, *K1, P1, repeat from * to end.

Continue in rib for the required length. Unpick contrasting yarn. The ribs should appear to run right around the edge. Just in case you don't know the

thumb method for casting on, here it is:

To cast on, make a slip loop in the yarn about a metre from the end. This length varies with the number of stitches to be cast on, a metre will cast on about 100 stitches. A guide to the length required is the width of the piece of knitting to be cast on, multiplied by three.

- Slip loop onto needle which should be held in the right hand.

- Working with the short length of yarn in the left hand, pass this round the left thumb.

- *Insert the point of the needle under the loop on the thumb and hook forward the long end of yarn from the ball.

- Wind yarn under and over the needle and draw through loop, leaving stitch on needle.

- Tighten stitch on needle, noting that yarn is round thumb ready for next stitch.*

- Repeat action * to * for required number of stitches.

Reprinted from *The Woolgatherers* - Albury-Wodonga Handweavers Newsletter, June 1979.



HANDKNITS TO HAND DOWN

When knitting jumpers and cardigans for my family I always make them with raglan sleeves, and knit them 'upside down'. I start off at the neck edge for both the body pieces and sleeves. This method saves a lot of unpicking, should the garment turn out to be too long or too short, for it is a simple matter to unpick the cast off stitches at the sleeve cuffs, or the basque, add on, take off, slacken, or tighten. Raglan sleeves are looser than fitted inset sleeves and will allow for growth.

This method also allows garments to be easily altered to fit other members of the family when they are handed down.

Sylvie Gray, Carisbrook.

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CONCRETE BLOCK BUILDING

The Things You Find Out Afterwards

by Muriel Courtenay, Bundaberg, Qld.



For reasons of economy, we built with concrete blocks in a simple rectangular design. The split blocks were more expensive but added to the look of the exterior and are maintenance free. They were sealed with silicone on the outside. The double brick effect of these heavy blocks was also a strength factor, important to us as we live in a category one cyclone area.

Twelve years later there have been no problems with damp spots, but we do live in the dry subtropics though still subject to heavy downpours of rain. The floor coverings were not laid until nine months after completion which gave the concrete slab time to rid itself of excess moisture. A large carport and lock-up garage were added to the eastern side at a later date using the same construction materials.

All interior walls are block and painted white but, as this can create a very sterile look, we have used lots of wood. The ceilings are woodgrain wall cladding with varnished pine skirtings and cornices. Wooden furniture and warm colours in floor coverings and soft furnishings work well.

However there are some tips we

would have appreciated during building. How come you always find out afterwards? It's surprising how many traps there are for owner builders. Little things that people assume you know or forget to tell you.

While putting the roof on our split block house, the builder remarked, 'I always get the blocklayer to make the top course in smooth block so that the surfeits and gable ends butt smoothly and don't leave gaps'. He was right you know. With the uneven surface of the split face block there are little gaps in which spiders love to build. Wasps use them as access ways to build mud nests in the rafters. Later we realised it would have been better to have the bottom course smooth block too, so that pavers or timber deck could also butt up nicely.

One thing they didn't tell us was that people who live in block houses need a hammer drill. We spent years breaking drills and cursing every time we wanted to drill a wall. Especially those that had reinforcing. Even fitting a door on our metal, concrete filled frame was a big deal. To hang pictures we could just drill the mortar, but that wasn't satisfactory to hang or pin heavier items. We

couldn't believe how much easier life could be with a hammer drill!

Power points are another big problem with block walls. You've got to get it right first time. Unless you are a meticulous planner, it's more than probable some of them will be in the wrong place. After the house is built, it's virtually impossible to get cable down into the blocks, so make sure you put in plenty, especially in the kitchen and living area where TV, video, tape deck, fan, heater, reading lights all need to plug in.

Unless you have lots of helpful friends, it's better to have a builder put the roof on. The same goes for the ceiling. If you are under three metres tall with short arms and have only two hands, let the builder do it, or invite all your friends to a 'hold up the ceiling while I tack it down' party. I voted it the worst job we tackled.

Large areas of unshaded concrete or pavers throw up a great deal of heat. That may be fine in cool climates but can certainly add to the around the house temperature in hot climates.

Unshaded block walls do hold the heat so the two rooms on the western

side of the house are hot in summer, though they are delightful in winter. Shade trees and good overhangs help. Next time we would extend the verandah completely along the northern side.

Watch those skinny verandahs. If you sit in a chair and your feet are on the edge, it's too narrow. To have a table and chairs plus room to move around them, you need at least three metres, otherwise everyone sits in a line, making the whole thing look and feel like a railway carriage.

The floor plan proved practical for two people, though 'next time' I would have a walk-in pantry and wardrobe. I would also go to the dearer aluminium casement windows which give more air than half-fixed sliding windows and can be angled to catch the breeze.

If building in stages, mark out the proposed shed and house site accurately so you can get an idea of how they look and whether there will be ample space for the driveway or access to the rear yard. Even a garden shed should be properly aligned. When we were paving, we found ours was slightly askew in relation to the house which led to some fiddling around with concrete and cutting of pavers.

It is also a good idea to mark fence-lines when you are planting trees and shrubs. If you've got an eye like mine, it's a recipe for disaster, either they're too far out or too far in. Leave room for fences. A common fault is planting too close. Who can believe those tiny strip-lings will grow into big trees? They do, very quickly, in the tropics especially, and they try to crowd one another out so they shoot straight up or develop a permanent lean.

Too often people plant the borders without thinking of the consequences. Will that tree shade the neighbour's house, not ours? Will it drop leaves or seeds in the next door garden or swimming pool? Find out how far south the sun comes in the summer so you can plant shade trees for the afternoon western sun yet retain the more northerly winter sunshine.

Building and gardening are a lot like life. You've got to be thinking of the future all the time.

FEATHER DUSTER

Use a feather instead of a brush to remove fluff and dust from around the bobbin of a sewing machine.



Wide verandahs shade the house and give more usable outdoor living space.

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THE CONCRETE SOLUTION

by Kel Connell, East Gosford, NSW.

Concreting is hard work and can be costly. Yes, I know costly is a rude word – doing things twice can cause one to think or say many rude words. Besides, concreting is hard work, best to do it right the first time. As with most jobs, cleanliness is very important. Concrete should be laid on clean sand or plastic sheeting. If concrete is poured on top of dirt the dirt will be sucked up into the bottom of the concrete by the drying process. (It is probably caused by osmosis, but I think sucked up sounds better.) This sucked up dirt can weaken the concrete. If there is no alternative because of 'cost' then increase strength of concrete (use less sand).

MAKING CONCRETE

Ingredients

Blue metal is a hard blue stone crushed into small irregular shapes which interlock with each other producing a keying effect, similar to a locking key pin that secures a pulley to a shaft. When water is added, the cement/sand mix becomes a lubricant allowing the blue metal pieces to slide together. Too much sand weakens concrete (mix according to directions). Too little water (dry mix) will cause loss of keying strength. Too much water will cause cracks.

Cement/sand, mix without blue metal is considerably weaker and is used for cement rendering or mortar. Rendering and mortar should be softer than the bricks in a wall as they must be able to expand and contract with the wall. Strong mortar would crack under stress. Flexibility is the way to go. Concrete and cement always retains a small amount of moisture. If it dried completely it would revert to dust. It maintains its strength for a hundred or more years, before dryness has varied effects (like me).

Mixing

The mixing of ingredients should be done thoroughly before adding water. The first chemical jelling reaction of concrete mix occurs within half an hour of adding water so do not mix too large a quantity and do mix it quickly. Have your cup of tea later. It's a bit like making a cake. The second hardening process is a slow reaction and may take two or three days, depending on mass.

Trying to work concrete while it is hardening will weaken it, so mix only enough that can be used in an hour. Who ever heard of stirring a cake while it was in the oven (hardening)?

CONCRETE DECAY?

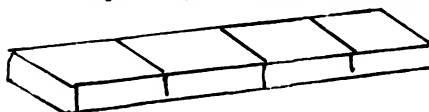
When I was a lad, we did not have fancy words for bad workmanship or bad design. Concrete does not decay ahead of its allotted life. It is not subject to worms or termites. There are usually human causes for any problems.

After the second world war British Rail used inferior sand in its concrete, to save money. The result was millions of pounds worth of 'concrete decay'.

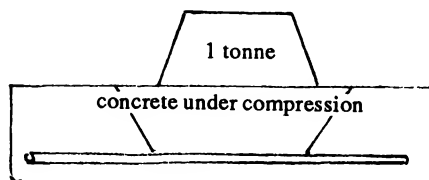
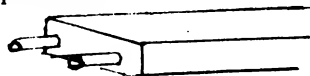
Common Problems

Lack of expansion joints, or inadequate joints, which are matters of bad design can cause failures. Not installing weep holes to eliminate water back-pressure in retaining walls can cause costly repairs. Reinforcement rods installed incorrectly without consideration for load bearing can cause cracks (bad workmanship). Steel rods and fixings which project from concrete, if not galvanised, will oxidise. The corrosion will follow the steel inside the concrete, and as steel expands 63 times its own volume before completely rusting away, this has an explosive effect on concrete. The solution is that all exposed steel should be galvanised and all reinforcing steel adequately covered by concrete.

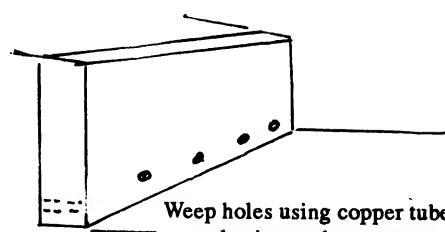
Expansion joints in path or driveway.



Steel exposed rods.



Reinforcement rods under tension. This slab is correctly reinforced.



Weep holes using copper tube or plastic to release water pressure behind wall.

Reinforcing rods come in 6 mm diameter, 10 mm, 12 mm etc, soft steel. It's easily bent, using two long pipes for leverage.



Deformed rods have ridges on them. The ridges are for the concrete to grip onto. They are used as starter bars. When a concrete area is interrupted to be completed later these deformed bars are projected from concrete to start the next pour (as sketched). Deformed bars are made by compressing the steel rod; this deforms the grains and makes them tougher. They must not be heat bent as this softens them.

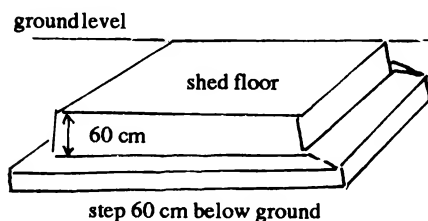


Cement mass produced stools to hold reinforcement rods in place.

TOP CONCRETING IDEAS

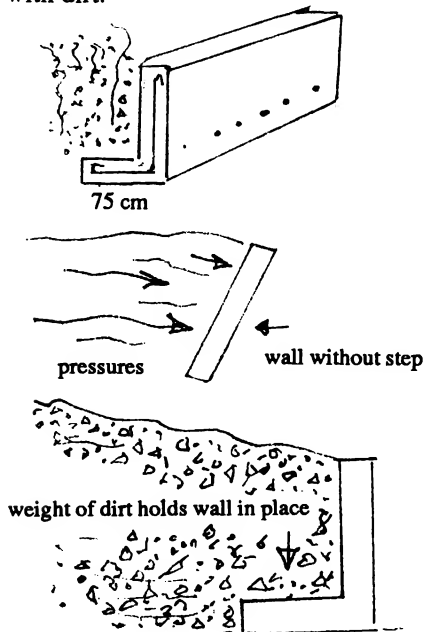
Rat Proof Step

This prevents rats from digging and nesting under floor. Rats when attempting to get under floor reach the step and will not dig back around. This would block off their escape route with dirt, which goes against their instinct.

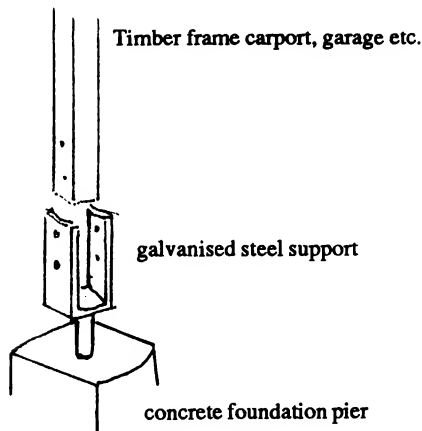


Retaining Wall

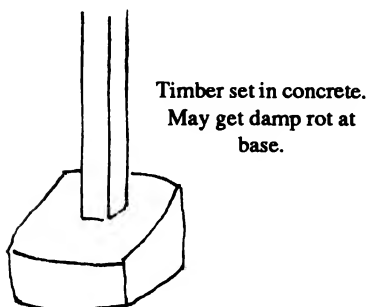
Retaining wall of reinforced concrete with 12 mm steel rods and 20 mm weep holes. Dig dirt away to allow formwork for step. When concrete is set backfill with dirt.



Setting Posts



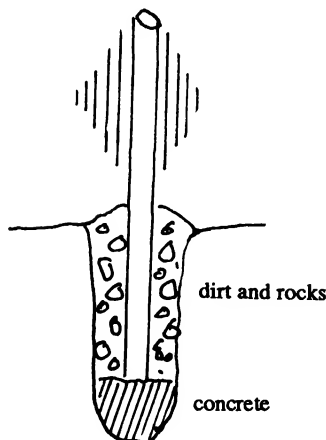
This method prevents timber rot.



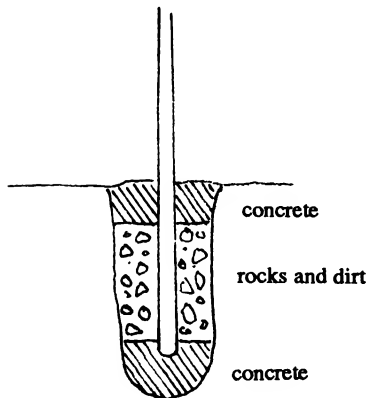
Paths

Pavers or house bricks sit best on a 50 mm thick concrete base.

Posts In Holes



This pole with concrete at hole bottom only can still pivot at top and work loose.

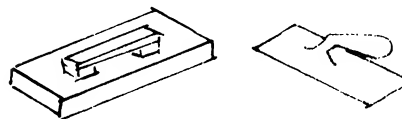


Concrete top and bottom of hole arrests movement.

Floats For Working Cement (finishing).

Steel float gives a smooth slippery when wet finish. Use sparingly (quickly). Excess use of steel float sucks sand up to surface which washes away in rain. Add dry cement by hand while using steel float.

Wooden float ideal for rendering walls and paths. Gives a coarser finish, less slippery. For driveways and paths a stiff straw broom can be used to give a nonslip surface.

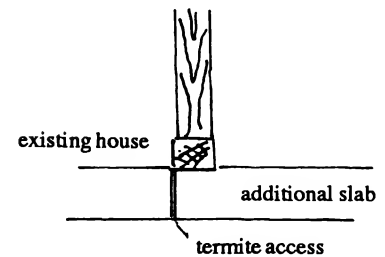


wooden float

steel float

Extending Slabs

When thinking of extending a slab floor house consider designing the extension away from the main slab. Termites have been known to gain invisible access to a timber-frame slab house through a join between two slabs.



Note: Ant caps do not keep termites out, they merely make their earthy tunnels easily seen. Termites are sensitive to light and travel through the soil or through earth tunnels.

I have probably missed something but I hope some of these hints help to prevent costly errors.



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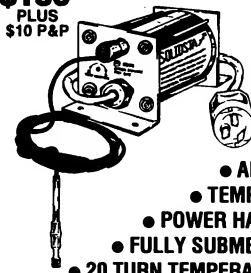
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CHINESE ARTICHOKE

New Life for an Ancient Vegetable

by Trish Arbib, Bundanoon, NSW.

Trish Arbib and Howard Nicholson run Bundanoon Village Nursery in the Southern Highlands of NSW. The nursery is set in the gardens around their home and specialises in herbs, cottage garden plants and unusual food plants.

The Chinese artichoke has been known in Europe only since 1882. The first reference we've found to its presence in Australia is in Cole's *Australasian Gardening* by W Elliott, published in 1903, where it is described as a recent introduction from China. It was still around in 1973, although Norman de Vaus of New Gippsland Seed Farm in his book of that year, *Better Vegetable Growing For Australian Gardeners*, reported the Chinese artichoke as being rarely seen and difficult to obtain. We've seen no reference in Australian gardening books or catalogues since, and believe that the vegetable may have all but disappeared in Australia until now. As far as we know, it has never been grown here commercially.

CHINA

Howard has been interested in Asia and Asian food for years. This developed into collecting books about early 20th century plant explorers and a passionate search for the seed of unusual vegetables. Years ago, he was reading about the Chinese artichoke, including the talented English food writer Jane Grigson's praise of it as a rare and exquisitely flavoured vegetable, so when offered the chance to join a plant hunting trip in China four years ago, he accepted immediately.

It was in a food market in Dali, in Yunnan province in south-west China, that Howard found the artichokes he had been seeking. There among the sellers of bean curd and chicken feet, cauliflower and dried fungi, was an elderly man sitting tranquilly smoking a pipe behind a basket piled high with an unusual looking root vegetable. There were no signs, and the seller spoke only Chinese, but Howard recognized the vegetable immediately.

He brought half a kilogram of tubers back to Australia, where they grew in quarantine for six months and then were planted in our paddock in Bundanoon. They have been multiplying ever since,

and now we have enough to supply other interested growers.

THE PLANT

The botanical name of the Chinese artichoke is *Stachys affinis* (syn. *S sieboldii*, *S tubifera*), and it is a native of North China and Japan. It is not related to either the globe or Jerusalem artichoke, but belongs to the same family as mint and sage, and has coarse mid-green oval leaves that resemble mint leaves.

The plant is a spreading perennial, growing about 50 centimetres tall, with mauve flower spikes in summer. The edible tubers are produced at the ends of underground stems, rather like potatoes.

It is a winter root vegetable, the underground tubers being the part eaten. They're a beautiful, lustrous, pearly white when first dug and have curious rounded segments and tapered ends, giving them the appearance of spiral sea shells. Their popular name is spirals. The tubers are small, only two to five centimetres long and one centimetre wide. Chinese poets compare them to jade beads and give them poetic names such as sweet dew. They have a delicate, nutty flavour and a crisp, crunchy texture reminiscent of water chestnuts. They are hardy, easy to grow, quick to multiply and simple to use.

HOW TO GROW

Plant bare rooted tubers in winter or early spring. If unable to plant immediately, store them in damp sand. Plant only where you want them to remain, as, like Jerusalem artichokes, any tubers left in the ground after harvesting will multiply and can become invasive. The obverse of this is that you can build up the size of your crop rapidly.

Plant about 25 to 30 centimetres apart and 5 to 7.5 centimetres deep, in blocks rather than in rows, in friable well drained soil. They grow best in an open sunny position but will tolerate partial shade. Weed in the early stages of



growth, and mulch to retain moisture. Too much fertiliser will promote excessive growth, so fertilise lightly only if the soil is poor.

The artichokes are ready for digging in late autumn when the leaves have died down. You can dig them all winter until they shoot again in the spring. Only dig as required for cooking, as they lose their pearly sheen and crispness after a day or so in the air. If it's necessary to clear the growing site in winter, store tubers in a cool place in moist sand. Make sure that you keep some to replant.

If you have little or no ground, they can be grown in containers. Start each tuber off in a small pot, then transfer to a large deep pot of good potting mix placed in a sunny position.

Climate

We have no definitive information on their climatic range, but it seems likely that they require frost. We know that they grow around Beijing where the summers and winters are severe, and in France and England. Bundanoon has a highlands climate with an average temperature range of minus 5°C to plus 30°C. We also know that they've been grown in Victoria. Our plants were

grown in quarantine near Gosford, NSW, from March to September. Joy Larkcom in her authoritative work, *Oriental Vegetables*, states that they thrive in a 'British' rather than a warm climate, but C A C Herklots in *Vegetables in South-East Asia* considers that they may grow in the foothills in the tropics.

COOKING

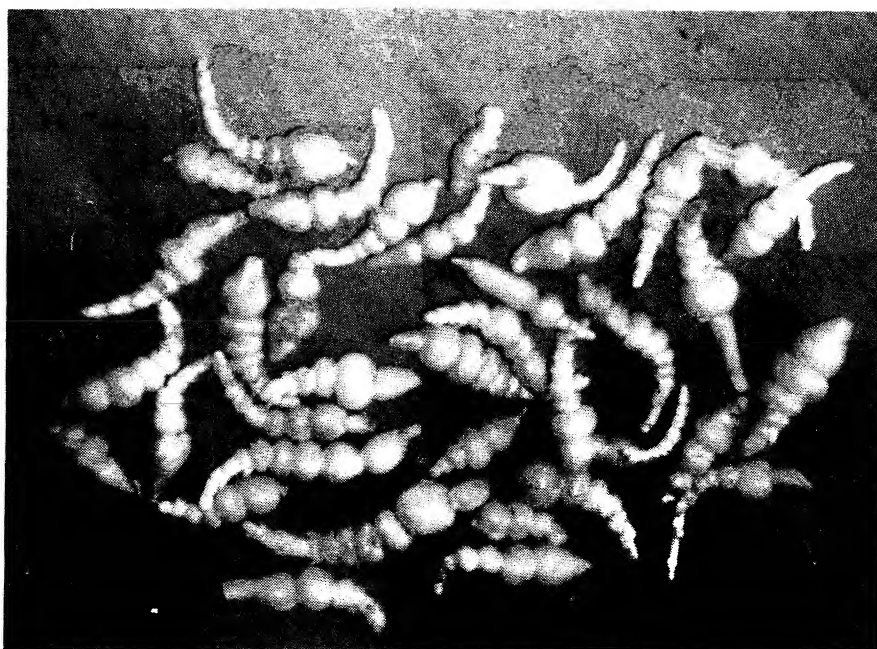
After they are dug, in winter, they will stay firm for days in the fridge but will turn a creamy yellow colour. You don't need a lot for a dish if you combine them with salad and other vegetables. To prepare, merely trim the ends and wash or scrub lightly under water with a nail-brush. There is no need to peel.

Because their appearance is so intriguing it seems a waste to cover them with thick sauces, or to lose their wonderful crisp texture by lengthy cooking as in older recipes. The simplest ideas are to add them raw to a mixed green salad, to heat through in a broth or miso soup just before serving, or to add to a stir fry for the last few minutes, as you would with snow peas or water chestnuts. Here is a simple delicious dish that's quick to prepare. More cooking ideas are supplied with the growing kit.

Stir Fried Mixed Greens and Chinese Artichokes

450 g salad greens, eg spinach, mustards, mizuna, rocket, bok choy
a handful Chinese artichokes
2 tbsp peanut or vegetable oil
4 cloves garlic, finely chopped
4 spring onions, finely sliced
1½ tbsp oyster sauce
2 tbsp fish sauce

Wash artichokes and greens and pat dry with a tea towel. Heat oil in a wok or large saucepan and fry garlic until just golden. Add salad greens, spring onions and artichokes and toss quickly in oil. Add oyster sauce and fish sauce and



The spiral shaped tubers are only two to five centimetres long and a centimetre wide and coloured a pearly white.

mix through quickly, coating leaves with oil and sauces so they're warmed and slightly wilted but not cooked. Serve immediately.

Supplies

A growing kit of 10 Chinese artichoke tubers costing \$25.00 (includes recipes, growing notes, post and packing) is available from Bundanoon Village Nursery, PO Box 83, Bundanoon, NSW 2578. Ph. 048-836-303. Sorry, not available in WA because of Department of Agriculture regulations. The tubers will be available from June 1996, but we are taking forward orders now. We also have a free seed list of cottage garden plants and unusual vegetables grown in our nursery garden.

Contributors and correspondents who want letters or articles returned are requested to include correct postage.

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Livestock Health and Management

Information You Need but Haven't Known Where to Ask

If you have queries on any type of livestock send them in and we'll get our panel of experts to research the problem for you. Send them to Livestock Advice Page, Grass Roots, PO Box 242, Euroa 3666.

Re: GR 112, livestock health page to reader O F from Bathurst with guinea fowl problem.

I had a dreadful experience with keets this year. Out of 14 incubator hatched keets seven got sick, out of these six died and one survived, only just and forever stunted. At 2-3 weeks old they went down with symptoms first resembling chill and few hours later respiration difficulty. I suspected crop binding, and after some speculation and two deaths, I opened one. I found in their crop very fine dry pieces of grass so long it was hard to believe they could actually swallow it. It was obviously not digested and extended some two centimetres beyond the crop exit with as much as twice again tangled inside the crop. The last one that died had a crop half full of grey fermented substance entirely blocking the crop exit. I tried to administer warm water and olive oil, but found it impossible. No amount of massage would have dislodged the blockage.

I put it down to my ignorance, this was my first time rearing keets, and bad management. I would never again keep the young on anything else other than clean sand over some hard surface. Two days after this fiasco I found survivors scratching the bedding to the bottom newspaper, ripping off bits, rushing around with the trophy and swallowing the lot.

One would expect some instinctive discrimination in food (They had at all times available full complement of recommended foods – as per bird veterinary specialist advice, I cannot fathom why some chose to do what they did.), perhaps some have it and others don't. I don't know.

Eva Moss,
GEARY'S GAP 2621.

CAT LITTER

In GR 110 the subject of disposing of cat litter was discussed. I breed and show pedigree cats and therefore use a lot of cat litter. Instead of buying expensive clay-type cat litter in supermarkets, I buy either chook pellets or pony pellets

from the produce store. When changing the cats' litter I just bury it in an unused garden. When I lived on an acreage I would put it down the back on the compost heap and our chooks did the rest.

Carolyn Marshall,
NSW.

COUPLE OF DOG PROBLEMS

We have moved to a place which was infested to the state of saturation with rabbits (so I was told) but have not seen sight of one, I believe myxomatosis may have wiped them out, but the fleas!! Does anyone know how I can help the poor dogs? I don't know if I would like to poison as we have small children and grazers, including many kangaroos at night. Also I think I may unknowingly have been poisoning our dogs with cooked potatoes and vegie water. I steam all my potatoes and vegies together and soak the dogs' biscuits in the stock left over and in the last eight months or so the dogs' condition has deteriorated drastically. I was told potatoes should not be fed to dogs as it acts as a slow poison. Can I reverse this or treat them in any way?

I give the dogs garlic and we have tried different types of things, thinking their condition (wasting away) was due to fleas.

Jeni Bader.

Both your dogs' conditions are caused by faulty diet. I do not agree that potatoes are a slow poison. Humans have slightly similar digestive systems and the English and Irish have almost lived on potatoes for many years and still seem to be alive. Green potatoes are high in a cumulative poison and should not be eaten by anyone or any animal.

Your dogs will need a diet made up as follows.

Dry feed. Only Farrel's Kibble or Box One. This is a totally unadulterated biscuit (made from the old four-by-twos broken up) which has no hidden additives. It is what greyhound trainers use for that very reason. Leave that out for them to eat dry as they like it – all cats and dogs do, and a dog can live on it.

Give your dogs in addition whatever vegetables you eat yourself, grated raw pumpkin, carrots etc as you would eat yourself, but give the odd cooked potato. Give the following additions daily for the first week:

• a pinch of dolomite (or half a tablet)

- about 100 mg of kelp, usually one or half a tablet*
- go on with the garlic*
- half a teaspoon of cod-liver oil (Must be bought in a tin or dark container, vitamins are destroyed by light.)*
- a teaspoon of vitamin C powder, or 5 ground up 1 g tablets*

The second week you can cut all this section to three times a week, until the dogs pick up and then make it once a week, and leave out the vitamin C.

Get a piece of copper pipe (about 30 cms) and keep it in their drinking water. For the fleas rub yellow dusting sulphur well into the coat daily till they disappear. Should there be bare red patches of skin make up a wash as follows:

A dessertspoon of copper sulphate (blue-stone), and a tablespoon of vinegar, dissolved in half a litre of warm water. Keep in a bottle (out of reach of children) and dab the affected areas when necessary, and keep away from all eyes.

The only meat your dogs may have at this juncture is if you acquire a rabbit freshly killed and unskinned, cut off the front and back portions (put the rest in the compost heap) and let the dogs have them to eat. Do not feed myxomatosis infected carcasses. About once a week would be enough. When the dogs are 100% better and you want them to have meat, about a tablespoon of oxheart or similar a day, or a sheep shank bone and all, they can also have marrow bones. If you have a goat they can have raw goat milk in moderation.

Pat Coleby,
MALDON.



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ECO NEWS

MONEY FOR FOREST HABITAT

In October last year, in response to the detrimental effect on biodiversity caused by the expanding sugar industry, the Federal and Queensland governments each pledged \$8 million towards protection of Queensland's lowland forests and threatened species' habitat, in particular the cassowary and the mahogany glider.

WHALING

Australia has obtained strong backing for a resolution calling on governments to refrain from issuing permits for lethal scientific whaling in the Southern Ocean Sanctuary. The resolution, drafted by the Australian delegate, was adopted at the 47th meeting of the International Whaling Commission in Dublin last year. As Japan and Norway are still applying pressure to be allowed to resume whaling for minke whales, claiming there is a sufficient abundance of them to permit their sustainable use, there is no reason for complacency about the whale's future.

Information from *Environment, Australia's International Agenda*, Oct '95.



RARE TREE RESTORATION

Until recently a single specimen of *Elaeocarpus minyon* (related to the quandong) was known to exist. New South Wales State Forests in an attempt to rescue the species, is using latest technology to grow large numbers of cuttings. A statewide survey has revealed several hundred more specimens. Seeds are now being grown in local nurseries.

As part of the recovery plan for the species, in conjunction with the National Parks and Wildlife Service, future logging and fire control strategies are being developed for areas where the tree occurs.

HEAVY METAL MUSTARD

Many plants take up metal from the soil; potatoes, for example, can be high in cadmium. This can be of concern to consumers. This same property, however, is being put to use as a pollution

control measure. A researcher in the USA has found that Indian mustard is a very efficient metal absorber, accumulating up to 60 percent of its dry weight as lead.

This property is being utilised in the development of a large-scale rhizofiltration system to clean up polluted waterways. The mustard is grown in troughs suspended over the contaminated water. The extensive root system protrudes under the troughs and into the water. When the roots are judged to be saturated with metals, they are harvested, dried and burned, and the metal recycled from the residue. The system can be used for strontium, caesium and uranium.

Information from *Australian Toxic Network News*, Sept '95.

HAYFEVER EPIDEMIC

Research carried out by the University of Melbourne reported that 41 percent of the population now suffers from hayfever. In a 1968 study the figure was 19 percent. In the past year *Australian Toxic Network News* has reported similar increases in asthma, breast cancer, chronic fatigue syndrome and allergies.

While this study lays the blame on dust mites and allergens, which certainly contribute significantly to the problem, the Toxic Chemicals Committee considers that air pollution and the chemical load are very significant contributors to this condition.

From *Australian Toxic Network News*, Dec '95.



ROCK ENERGY

Large amounts of energy held in Hot Dry Rocks (HDR) lying beneath Australia's continental crust could equal several thousand years of Australia's total energy consumption, according to a new report.

Results from a feasibility study into accessing and utilising the energy from the rocks were released last year by the Energy Research and Development Corporation (ERDC). The study indicates

that Australia has a huge total HDR resource, equivalent to 7500 times its present annual energy consumption. Eighty percent of this resource lies beneath the crust of the country's eastern states, in the Great Artesian Basin.

Capable of providing emission-free energy, HDR is a conceptually simple technology. Water is injected into a borehole and circulated through a 'reservoir' of hot cracked rock, several kilometres below the surface. The water is heated through contact with the rock and is then returned to the surface through a second borehole as steam under pressure. This steam is then used to generate electrical energy.

Copies of the report are available from: ERDC, GPO Box 629, Canberra, ACT 2601, for a cost of \$40 incl postage.

NEEM PATENTS

Legal opposition has been mounted against the European Patent Office (EPO) granting a patent to a US-based multinational corporation for the ancient neem tree. The International Federation of Organic Agriculture Movements (IFOAM) is spearheading the action to prevent WR Grace gaining the monopoly property right for the fungicide derived from the tree.

The neem tree has been used for millennia in agriculture, human and veterinary medicine, toiletries and cosmetics. It is also venerated in religion and literature.

According to IFOAM, the WR Grace corporation together with the United States of America (represented by the Secretary of Agriculture) want the patent to produce a fungi control using ground seeds from the neem tree. Effectively, it will remove biological and intellectual wealth from the Third World.

The EPO has granted at least four neem patents which will result in major financial gains for the patent owners but little or no gain to the communities who first understood the benefits of the neem tree. The legal opposition is mounted on the grounds the patent lacks novelty and inventiveness and that it constitutes biological theft and direct piracy of traditional knowledge.

For more information contact in Belgium, Linda Bullard, C/- IFOAM tel/fax Int +32+2+2842026. Reprinted from the *Permaculture International Journal* # 57.

FEEDBACK LINK-UP FEEDBACK

Dear GR,

Can anyone please help me with the instructions on USING AN INKLE LOOM? I have purchased an inkle at an op shop for \$2.50 because no one knew what it was, and I have no idea where to start. I am also seeking books on spinning, weaving and dyeing wool using natural ingredients. If anyone has any I could borrow (to photocopy) or buy, I would be most grateful.

Lyn Grimes,

'Jindawarra', M/S 322, GAYNDAH 4625.

Dear GR Readers,

Having just bought my very first issue of *Grass Roots*, to learn more about ideas for my upcoming business, I was more enlightened with every page I turned! For instance, advertisements are promoting some of the very things I'm looking for. I discovered for the first time that Marion and John Boetje, who live right here in Maryborough have a range of products I've been looking for for weeks! John told me on the phone that a lady in Gympie had a business along the lines of what I'm going to be doing. Lo and behold, that lady – Dawn Heidrich – has a letter in my debut GR. And she tells us that some of her suppliers were found through this magazine! Well, as for myself, I will be opening 'All Things Good 'N' Natural' in a couple of months time, and my products will range from cleaning products, toiletries, cosmetics, some therapeutic, as well as pet care. I also will include **MERCHANDISE MADE FROM RECYCLED MATERIALS**, and/or natural materials, of high quality. My criteria for everything I sell is that it must be 'environmentally compatible'. Sound like something you have? All responses will be very welcome. Sorry, no food items – we have health food shops for that!

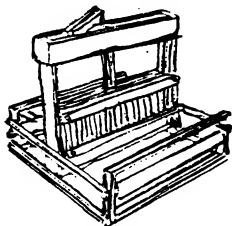
Ms Lee Beattie,

285 Pallas St, MARYBOROUGH 4650.

Dear GR,

I was wondering if anyone has a decent size **WEAVING LOOM** they would like to sell. Also, does anyone have information on **PLANT DYES**, vegetable rennet and/or a plan for a wooden butter churn.

Any information would be appreciated.



Elaine,

Ph: 048-487-176.

'Booderoo', Tarago Rd,
BUNGONIA 2580.

Hi,

So many GR network soul mates are constantly looking for information on subjects from animal care to building nice dwellings in the tropics. Your local council libraries are always looking to satisfy the needs of their users and requests are treated more seriously than you may imagine.

There is a system that allows local libraries to **ACCESS OTHER LIBRARIES**, even the almighty Australian National Library in Canberra, which probably has a copy of every book, magazine, technical paper that was ever written. How to find out what is in their archives and on their shelves is the mystery when you are 75 kilometres south-west of the Black Stump. Maybe they have an index system which local libraries can peruse? Who knows?

Anyway, with all that information gathering dust down in the land of the political animals, it would be nice for the average hands-on people to be able to read some of it. A few questions need to be asked in the right quarters.

If anyone can find out how you can view the Canberra index or a state or regional index I'd like to know.

All the best of everything,

Roberlino,

Lot 4, ARRAWARRA BEACH 2456.

Greetings from Austin, Texas, USA,

After living in Australia throughout the 80s, my daughter and I have landed in Austin, Texas, USA, **THE HEART OF THE TEXAS HILL COUNTRY**. It's beautiful and worth sharing its assets and benefits with all you downunders hankering for information of 'lost paradise' spots around the world. Truly there is one here.

We would love to hear from you wonderful Aussies. While we lived in the Gosford area of NSW and the Yeppoon area in Queensland we met hundreds of alternative people. I can remember hot, insect buzzing hours of driving along narrow roads amongst tall eucalyptus trees giving scanty but genuine shade right on the road (something that isn't Hill Country Texas), then arriving at our destination, usually to meet a new friend that we had learned of through correspondence with GR folk. And always to have a delicious cup of tea offered to us and some homegrown or baked goodies. Mmm, mm! Those are wonderful memories.

Well, we'd like to help you create some memories for yourselves by opening up our doors for your visit here in the USA. If it's music, and folklore, and nature and beauty, please come for sure. The genuine cowboy is worth the trip all on its own. There is a healthy alternative scene that can be easily discovered. We would love to help you.

We promise to answer all letters. Mom: American, 46, tall, widow, got it together, teacher by day, self-employed 'stainglas' artist after hours, home owner (with extra room), spending too much time being a head of a household, and not enough time dreaming and following those healthy, happy ones. I'm available, too, wanting to be a co-partner in a dynamic relationship that encourages all parties. Daughter Angela: (wants correspondence too) 10 year old, tall, loves pets, 'making jewellery, biking, rollerblading, gardening, and cooking and sewing. Her most real dream is to live the life of a pioneer, wants to make her own butter, grow her own food, increase her pet menagerie to include a horse, chickens, sheep and a cow. We would love to make changes to alter our life, leave the falseness of today's violent society (really see it in the school kids), return to our grassroots, answering both our prayers and dreams. Any replies, comments or suggestions? Please write.

PS: Dennis Rothwell, Frank and Carolyn Spooner, Faye Bottrell, Jennifer MacDonald!!! Where are you? Please respond. You and others like you, that I care about and carry fondness for you all in my heart, are the result of this wonderful GR publication. Because you responded to my need ten years ago. It's wonderful that we became close but I need to hear from you again.

Jenny Rose Busche,

1104 W. Oltorf St, Austin, TX 78704, USA.



Dear GR Readers,

I wrote about herbs and what I call **SIMPLE WAYS** for there is a lot of misinformation floating around or taken out of context, and also a lot forgotten about the old ways and uses. The other interest I have is growing herbs with herbs and other plants & vegies, fruit trees, small fruits. All with herbs with very little horse manure and with good success with most of what we have done so far. We use common herbs for scale, fungi, pests, black spot. We also mix liquid manures in drums of water which last up to six months, and the same with sprays. We also use all bath water, sink water, clothes washing water, all with herbs in them. We have done this for three years and in sandy soil. We also know it is not the end of all but there seems to be very little done on this way. Is there anyone else interested or trying to grow with herbs?

Jeff Roper,

RMB 896, SORELL 7172.

FEEDBACK LINK-UP FEEDBACK

Dear GR,

My husband and I both love your magazine. This is of course both good and bad, the bad part being – who gets to read it first? It's hard when you win second place and have to listen to interesting mummings while you wait. Still it's always worth the wait. The people who write with recipes and ideas are wonderful.

We finally made the move out of city suburbia and are now living in beautiful Bungawalbyn, which we are enjoying immensely. We have so many things we want to do and try and there never seems to be enough time, which is just the way we like it.

We are thinking of getting a house cow and, as we both love spending time in the kitchen, we'd like to be able to **MAKE OUR OWN DAIRY PRODUCTS** (with a little help from the cow of course). I've been to the library but so far I've only found information on the history of cheese. I'm looking for recipes for sour cream, cottage cheese and other cheese. I'm also searching madly for a recipe for worcestershire sauce. If anyone could help I would be extremely grateful. I have many old recipes so if you can think of any you may like please feel free to ask.

Cheryl Fredericks,

100 Moonem-New Italy Rd, BUNGAWALBYN 2471.



Dear GR People,

I was very interested to read your article in GR 110 about CFS (chronic fatigue syndrome) and then Glen Heran's request for alternative treatment for FMS (fibromyalgia syndrome). They are thought to be connected and are being researched together. FMS sufferers don't have as great fatigue, but higher levels of pain and lots of other symptoms including 'ringing in the ears' and 'splitting headaches'.

I was finally diagnosed 18 months ago and crashed out three months later. I didn't get any information for another six months because I wasn't mobile and found the Arthritis Foundation very difficult to get information from.

During the last 30 odd years I've continually pushed myself to try to get back to my 'normal' fitness after each flare-up of what I now know was FMS, but last year I had to admit defeat. I'm a sole parent and I was determined to get my two children through uni. Didn't quite make it!

Now, after help from an informal support group and collecting information from the Arthritis Foundation and anywhere else we can get it, I've taken control of my illness. I know I'm not going crazy. I know I'm lacking certain substances which affect the body's sleep and pain management. Research hasn't worked out a cure yet as FMS doesn't seem to respond to anything.

So we return to natural medicine again. A vegetarian diet using organic products and lots of garlic will help to fight all those infections we are more prone to getting. Distract the mind, therefore the pain. Relaxation exercises: there are so many forms to choose from – I find visualisation effective. Gentle exercises that don't tense the muscles and can be built up, and walking. Pake everything a little at a time and build up. Massage is a short-term relief. Meditation can help. Some people say acupuncture helps – I haven't had the money to try it. Family support helps tremendously – my two young adults have been incredibly understanding, I'd be lost without them. I'm so lucky as a lot of people don't get this support.

I know now I can't cause any damage to myself, even though pain seems like it's telling me otherwise, so I go out and do a little gardening when I feel the urge, and I go to the movies and to craft fairs or a nuclear protest and I'm happy to suffer the following week of pain and inactivity, now with no depression.

I have a book, *Living with it Daily*, by Patricia D Nielsen. Anyone

with **CHRONIC PAIN** would find it inspirational.

One of my goals in life now is to help people through our support group and public education, so that they, and their families don't have to go through what I did for most of my life. I believe that if I'd been diagnosed in the earlier stages and been able to get information about this illness I could have controlled it earlier and thus have had a better quality of life, free, at least, of depression and suicidal thoughts.

Despite what a lot of doctors believe, support groups can be very positive. We have a lot of laughs and I would love to hear from anyone wanting information.

Joy Forrest,

30 Taunton Pde, CHRISTIES BEACH 5165.

Dear Megg & GR Readers,

I'm about to have my first child and would love some information on **NATURAL CHILDBIRTH/HOMEBIRTHS** and water births as well as eco friendly and organic childcare products, foodstuffs and services – particularly those in Victoria.

Any information or personal experiences on these topics would be greatly appreciated.

Shan,

8 Freeman St, NTH FITZROY 3064.

Dear GRs,

I am writing in reply to Kathy Ffoulkes 'Towelling v's Disposables' debate (GR issue 110). I live an alternative bush lifestyle compared to the norm, without electricity or running water, and although I toiled throughout the last part of a winter and the heat of summer handwashing my son's towelling nappies (I was also a 'never unless in an emergency use disposables' person!) now find myself, due to the situation of water shortage, using the disposable.

Every fortnight I buy 60 **NONCHLORINE BLEACHED COTTON PULP** disposable nappies, which can only be bought from a chemist. My reason of choice – nonchlorine bleached cotton pulp is safer for the environment and I know that my son isn't wearing a synthetic close to his skin. Babies still sweat wearing towelling and pilchers! He has also never had what you'd call nappy rash. If any redness did appear I'd apply Lucas PawPaw ointment which I found a must to have for many ailments.

Anyway, to cut the amount of contribution to landfill from disposables my husband and I found that if we recycled our son's wet nappies by removing the cotton pulp (which also contains water crystals for greater absorbency) we could use them as a compost/fertiliser in our garden! Due to the fact that the pulp is cotton and unbleached we have no worries on the poisons side and the water crystals hold and release both water and the added nitrogen from the already deposited urea. Which is then slowly released back into the soil. After a while the pulp breaks down and the exterior of the nappy has already been easily folded up and disposed of. We now have what I'd consider an 80 to 90% recyclable item. Worth a thought hey! Use only nonchlorine bleached cotton pulp. I buy 60 for around \$19 to \$21 depending on the outlet.

Reader,

THE GREAT DIVIDING RANGE.

Anonymous letters will not be published. Please indicate if you would like personal details to be withheld.

Dear Grass Roots Readers,

We are currently saving and planning to go **AROUND AUSTRALIA**. As this is our first time we realise we have a lot of research and learning ahead of us before we go. Our biggest decision at the moment is what vehicle to buy and what fuel we should be running on. We were hoping that, as most GR readers have travelled our beautiful country, we may be able to get some advice. We haven't got a lot to spend, but any information would be greatly appreciated.

Linda and Michael,
16 Berrys Rd, EMERALD 3782.

FEEDBACK LINK-UP FEEDBACK

Dear GR Readers,

I am currently compiling a booklet on **GREY WATER RE-USE SYSTEMS IN AUSTRALIA**, and would like to hear from anyone with or knowing of an operating grey water system. I completed a thesis on grey water at Southern Cross University, Lismore, NSW in 1995 (*On-Site Management of Grey water and Human Wastes*), and discovered that many people are building grey water re-use systems, but that no-one knows what anyone else is doing. As a result, people keep re-inventing the grey water wheel. This booklet will include all systems that I can locate from the complicated to the simple, and include official and 'illegal' backyard jobs, both rural and urban. The booklet will include designs, how-to-build instructions, costs, performance, any water quality data, and locations for inspection if agreed to. The booklet will also review health and environmental grey water issues, global grey water research findings, and the appropriateness of particular systems to different climates of Australia. It will be written for everyone, not just specialists. All sources will be acknowledged if desired. I wish to have the booklet published by September 1996.

Glenn Marshall,
PO Box 921, NIGHTCLIFF 0810.
Ph/fax: 089-482-134.

Dear Friends,

Particularly the ladies who replied to my letter to GR in reference to natural dyeing. They are Anna, Sue, Roslyn, Carol and Ann Maree. You have all been of great help to me. The books I managed to get my hands on were good, but all of you have given much more of what I wanted to know.

I certainly didn't expect all these personal replies. All I need now is a good container to do it in. I want to do more cotton things at the moment, but after doing samples and taking all your advice, it still works. Thank you all.

Suzanne Carrick,
10 Atlas Drv, ST HELENS 7216.

Dear Editor and Grass Roots Readers,

I live in a village called Wards River. This is in the Gloucester, NSW area. It's a lovely area. We have great pleasure in having bushland, rainforests, birds, even rare ones. Wonderful flora, also

protected flora, and a great deal of fauna. We have a river with families of platypus. Name it, we sure would have it. Aren't we lucky!

But now our luck may disappear. Due to the fact of **COAL MINES**. We already have a mine that has been in operation for approximately six to eight months. Near our village already there has been disturbance in peoples' health. And wildlife. Now there is a proposed mine in our town approximately eight kilometres away. Our river is the only one that is still pure. And the fact that the tailing dam's water will be let out into our river doesn't impress us at all.

The river is used for human drinking and usage at homes. As I wrote before we have platypus, bass, perch and other water creatures. They will all suffer from the poisons in the mine's waters. We shall suffer from the coal dusts. We mostly have tank water. And I believe coal dust is linked to asthma. As for work for our locals. Forget that. We suffer unemployment badly here too. We have written to many people, governments etc. We shall fight for our town, our environment. I believe it is so unfair for all that we have to be destroyed for a lousy coal mine.

That's what is happening in our beautiful area.

Joanne,
'Maggie Mae',
Buckett's Way, WARD'S RIVER 2422.

Dear Megg,

I would like to tell you about the success my business has enjoyed from the ad I placed in your magazine in recent issues. We have had calls from all over Australia and I'm not kidding. The most interesting was a request for a chicken caponising apparatus from Mt Isa for gelding roosters. Unfortunately I haven't been able to find any (good luck for the roosters).

A problem has arisen, because a lot of my old gear is very heavy, eg single furrow ploughs, corn planters etc, so to transport from Gunnedah makes the items expensive.

So I hope that people keep me in mind when they are travelling and call and see my collectables. Once again thank you GR readers for your support.

Ken Lloyd,
Gunnedah Country Collectables,
PO Box 195, GUNNEDAH 2380.



Gunnedah Country Collectables where many an old 'treasure' can be found.

FEEDBACK LINK-UP FEEDBACK

Dear Sir/Madam,

I am a reader of GR, the reason I am writing to you is I am trying to locate a group called **UNDERGROUND FERRIT** in New Zealand. Underground Ferrit is the name they were known as, I made contact with Underground Ferrit in the past. I am finding it very hard to locate them. They were a little like GR. They may not exist anymore, but before I believe them to be nonexistent I appeal to GR reader who may know of their address or location in New Zealand. If in the end they cannot be located, then I will do the next best thing. I will start up a centre, offering information, aid and guidelines etc. Any information will be gratefully received.

Robert Nancarrow,
9 Becknell Rd, East Mangere, Mangere,
Auckland 1701, NEW ZEALAND.

Dear GR People,

The magazine has always provided helpful info and contacts for those of us seeking to follow our dreams. I'm hoping a reader or two will be able to help facilitate mine. An experienced horse rider and educator, my passion is to leave the fossil fuel nightmare behind and finally get my own **HORSE-DRAWN TRANSPORT** happening. I'm serious about building my own varda style gypsy wagon and transporting myself, tipi and craft around, short and long distances. I've done lots of research and dreaming and I'm now hoping to gather practical advice and resource material (ie plans to swap/buy) on cart building, harness making and driving tips. I'd particularly like to hear from readers with experience, old-timers perhaps, and people in Tassie who might be able to help me in return for work/barter or horse services. There are a few of us I know who are crazy enough to follow this dream - any others out there?

Emer Rawling,
C/- Post Office, MEANDER 7304.



Dear GR Readers,

Can anyone help us? We were looking to move to Bungendore, so we could be closer to Canberra, as we do markets there every weekend. Then recently we went camping at Blowering Dam near Tumut and fell in love with the place. We are now at a crossroad as to where to go. We have three boys ages 9, 7 and 6, whom we teach at home and would love to hear from anyone who is doing the same that lives in the areas of **BUNGENDORE OR TUMUT**. Does anyone know of an alternative school that we could visit one or two days a week? We are also looking for a house that we could rent, hopefully somewhere in bicycle distance to the park, shops etc as we live 25 minutes from town now and we are all sick and tired of being in the car. We also need somewhere for us all to be free. We will answer all letters. Thank you *Grass Roots* for an excellent magazine. I have been reading it forever.

Kate, Craig, Sean, Luke and Jacob Bow,
'Laureldale', Illawarra Hwy, ROBERTSON 2577.
Ph: 048-851-636.

Dear Grass Roots,

I have not written to the magazine for many years and am glad it is still going strong.

To Sue Stidwell (GR 110) re **OILY/DRY HAIR**. I have just spent two years wandering round outback Queensland and could not believe the dryness of the air and the subsequent damage to my long hair. I found that the shampoo did not make much difference, but my choice of conditioner did. My tip is that after you wash your hair and use whatever shampoo and conditioner you wish, then, while your hair is still moist put into the ends only, a leave-on conditioner, especially one that has a sunblock in it. This helped combat washing

my hair in water that was so hard it left a white coating on my skin after a shower!

Now for some help for me: Please can anybody send me information about the various meanings and recuperative **PROPERTIES OF COLOURS**, as well as the various spiritual and gift meanings of flowers. I read it only recently and can't for the life of me remember where.

Thank you Pat Coleby (GR 110) for the article about CFS. I recognised a description of myself - I have said for years that I roar through life 'dragging my body after me'. My private study and use of vitamins and minerals, and my daily catnaps, seem to have got me through so far, as I am a high achiever and refuse to let any kind of physical barrier stop me from doing what I enjoy. There is already one diagnosed CFS sufferer in my family. Now that I am more aware in regard to myself I shall be able to take further steps to combat and beat it.

Also the riddle about the cow in the Kids Pages (GR 110) was the funniest I had read in ages. Keep up the good work everybody.

Trudy Oldaker,
PO Box 242, VERMONT 3133.



Dear GR Readers,

We are Susie, Leif, Xylon (aged 1) and Jack (woof!) and we are caretaking a 90 acre property between Gin Gin and Lancelin on the Moore River in WA. We enjoy a naturist lifestyle and an interest in spiritual growth, healing, aromatherapy, Montessori principles, crafts and permaculture.

The owner of this property is looking to sell within 6-8 months and we have a dream to buy it (or some of it) and establish a community based on love, trust and organics. Our dreams include: community schooling and childcare; growing our own food by permaculture principles, community housing. We are looking for people with similar dreams who are willing to contribute energy and/or money to purchase the land and help establish a sustainable community. We would love to hear from anyone who is even remotely interested or who could give us some encouragement as we have only been back in WA for two months and would enjoy contact with some like-minded people in this state.

LSXJ Johansen,
Lot 15 Nabaroo Rd, GIN GIN WEST 6503.

To Grass Roots,

Does anyone have crochet directions for edge or cloth with a horse's head in a horseshoe, also a pattern for knitted knee caps in garter stitch, or a crochet corner pattern for hankies? I'm happy to exchange patterns I have.

Val English,
10 Templeton St, GORDONVALE 4865.

Dear Grass Roots,

I live in an old house and have had a few problems with black spiders and fleas. The first I inherited from the last occupant, the second being a plague. My animals nearly went mad scratching. I found washing the floors, including mats, in **BORAX AND DETERGENT** helped. Fleas didn't like it much, so I did the dog bed as well. Soon the house was flea free. I also washed the webs and spiders down one day. Also had same effect - spiders moved out - now we have only a few spiders. Borax and detergent makes a wonderful spray for cleaning cupboards and benches. So far we have not had an allergic reaction, I can't use bleaches as it sends my male cat crazy. He just abhors the smell. I hope this helps: 2 teaspoons of borax and 1 teaspoon dish detergent, 500 ml water. Put in a spray bottle.

For floor, 2 tablespoons borax, squirt detergent, hot water. Cleans really well.

Lesley Overington,
SECRET HARBOUR 6173.

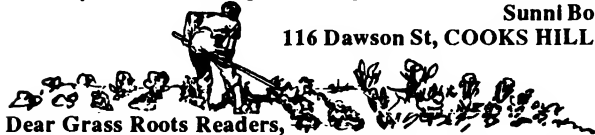
FEEDBACK LINK-UP FEEDBACK

Dear GR,

I'm looking for a creative, motivated and intelligent girl (young woman) to start a **GIVEAWAY PERMACULTURE GARDEN SERVICE**. The idea is to provide people with inspiration and labour to convert their lawn to a jungle of vegetables, fruit and native plants. This is not a business venture – it's a planetary repair action! I hope to only charge people what is needed to cover our costs (petrol/materials/seedlings etc). Don't worry if you only have minimum experience (you're probably more qualified than I am) – so long as you have motivation and a passion for permaculture. I intend to do it as a part-time venture, but if you want to do it full time you're welcome, in either Melb/Syd or the north coast.

So if you feel like doing something creatively constructive – do it!

Sunni Boulton,
116 Dawson St, COOKS HILL 2300.



Dear Grass Roots Readers,

Kathy Ffoulkes of Safety Bay: I think your sister-in-law might be thinking about the danger to the environment of **NAPPY SOAKERS** (to bleach and disinfect nappies). The thing is, they are not necessary. I soak my nappies in plain water, so that they don't get too smelly, then wash with pure soap powder and washing soda. If they are line-dried in sunshine for three hours, they will be bleached and bacteria free. On the other hand, the plastic liner of disposable nappies is a petrochemical product which takes several hundred years to biodegrade, and the absorbent material inside the nappy is made from wood pulp. People who choose to use disposable nappies are both degrading the environment and polluting it.

For Kathy again: I used the amino acid supplement Lysine to help me with my cold sores. I now get the occasional breakout, always when I am under too much stress. My homoeopath has a remedy for cold sores, but I haven't had to try it yet.

CAT LITTER – several years ago a cat litter became available for a short time which was made from lucerne hay. When it disappeared from the market my sister, who breeds cats, substituted lucerne pellets, which she feeds to her horses. You should be able to get this from a stock feed agent, but I'm not sure about the price. When the litter is used up, my sister uses it to mulch her trees.

Vicki Judd of Boronia: I use Quark instead of butter or margarine in recipes which ask you to 'cream the butter and sugar'. Quark can't be melted like butter. It is a soft cheese made from skim milk, so the fat content is low. You get an added bonus because the cakes and biscuits rise better, the same way that they do if you use buttermilk. Convert the weight of butter or margarine to volume measurement (250g butter equals 1 cup) and substitute the same amount of Quark. I also use Quark as a substitute for sour cream on potatoes, nachos etc because it has a very similar flavour.

Robyn Hope of Johns River: My daughter suffers from something which I suspect is **PSORIASIS** and I have found some advice to try the next time she starts to scratch and cannot stop – external application of **Molkosan** (available from health food stores I hope). Additional advice is to 'drink kidney tea, goldenrod (Solidago) tea and calcium as a supplement.' This is quoted from a book called *The Nature Doctor* by Dr HCA Vogel. I'm sorry to be so vague about this, but I haven't tried it yet. I'm passing the advice on because I know how my daughter suffers and how desperate you must be. I have tried everything I have read on eczema and skin conditions and so far have 'little results to show for it.

Marje Bates of Dandenong: I occasionally get **VISITS FROM ANTS** in my kitchen and get rid of them with a bait of honey and half borax, a small amount in a plastic milk container lid, well out of the reach of my children because borax is poisonous. All the ants in the particular nest will be killed by this bait, but you will find that the ants keep coming back because the nests will be re-colonised by new ants. The bait keeps the ants off my dishes waiting to be washed up because

ants like the honey better than anything else.

Judith Scammell of Belgrave: Herbon sells pure soap granules made with coconut oil. There are expensive kits available for soap making using soap granules. The instructions on the kit say to mix the granules with hot water, add oils for fragrance, shape the soap and allow to dry. Rub sunflower oil on the surface of the soap as it is drying to get a shiny effect. This might be your answer if the price of the Herbon soap granules is not too much.

Maree Haak,
41 Grenler St, TOOWOOMBA 4350.

Dear Grass Roots,

I have developed a use for the tread on a **STEEL RADIAL TYRE** (as part of footwear). I am wondering if some inventive readers might know a simple way of removing the tread from the outside of a steel radial intact. If we can find a method simple enough for the average reader I will share a method of making your own sandals at home.

Andrew Cavanagh,
Lot 3 Pollard Rd, BABINDA 4861.

Dear Grass Roots,

What a pleasure it is to see each new issue of GR when it arrives. So much down-to-earth information and the experiences of those who are doing their thing by getting back to the land. Unfortunately, family commitments (and a 'better half' who doesn't share my new ideals) mean I am unable to make the break to the real 'bush', but I guess I am as close to it as I can be without actually being there.

However, I have found that with a little work and a bit of commitment, the average suburban dweller on a quarter-acre can transform their little slice of Australia into an ever-interesting and peaceful paradise. All it takes is some imagination and some sensible planting to turn the average **BACKYARD DESERT INTO A LUSH ECOSYSTEM**. My compost heaps and corral of worms are my pride and joy and even the kids get involved. At the end of a hard day spent in city traffic, nothing beats sitting on your favourite old stump and watching nature shut down for the night.

And of course it is even better with some good ambient music playing quietly in the background. I recently came across some outstanding music by an Australian, Davie Myler. Indeed his music is the best of its genre I have ever heard and I highly recommend it, but where is he now? Does anyone out there know where I can contact this brilliant musician whose last address was C/- Scented Products at Cessnock NSW? I would be eternally grateful to anyone who can shed some light on his whereabouts. In the meantime, I'll put on a tape and enjoy my little bit of paradise.

David Whiteman,
15 Ithaca St, EMU PLAINS 2750.
Ph/fax: 047-351-358.



Dear GR Readers,

We are a NZ GR couple about to begin a long cherished dream to **TRAVEL AROUND AUSTRALIA**. We are starting from Brisbane in March and will head north with a caravan and 4x4. We have no particular time limit just a desire to see and experience as much as possible, and we would love to meet some genuine people who have an interest in preserving the natural beauty of your country and who have opted for a simpler lifestyle. We are in our fifties, horticulturally trained and have spent a lifetime in small block farming and related pursuits. We are particularly keen on waterfowl and wetlands but our interests cover a wide field including livestock, cropping and crafts.

If any readers would care to contact us we will be staying with our daughter in Brisbane while we prepare for the trip. Please write.

Bill & Frances McLeary,
C/- Nrs N Marsh,
23 Johnstone St, SHERWOOD 4075. Qld.

FEEDBACK LINK-UP FEEDBACK

Dear GRs,

Re **WHITE TAILED SPIDER** bites: I (as usual) learned about these the hard way. Curiously enough I was so dumb that the reason for the amount of bites did not occur to me for ages. The spiders took refuge in my gardening gloves which I left in the shed!

However, my first bite was while clearing some undergrowth where there were tonnes of them, and I saw the spider actually bite the back of my hand. As the necrosed area enlarged I wondered where it would stop and stepped up my usual maintenance dose of vitamin C. It was at the time when there was a programme on TV showing people who had amputations following the bites. I upped my vitamin C a bit more! Eventually the lesion healed but it was about four inches across, very painful and took ages before it did.

Next was a bite on the end of the thumb (from the gardening gloves!) I was run down at the time and it increased with fearful speed, my thumb was useless, swollen to three times its size and the necrotic mess started to spread down towards my hand. I reckoned that when it got into the thumb joint I was going to be in big trouble. Again vitamin C intake was increased, and increased, but stress does not help in those circumstances. I beat it just before the joint became infected but all the skin sloughed off my thumb and I was left with a single layer like someone after bad burns. It took ages to normalise. In the interval I had been bitten by a red back, after years of cohabiting with them, and I disturbed this one so it was my fault. I found in that case that topical sodium ascorbate helped ease the pain enormously and when the next white tailed spider struck (gardening gloves again) I used my brains for a change.

I immediately got a plaster dressing, smearing it with a sticky ointment, vaseline in that case, comfrey would have done as well, and dipped the plaster into some sodium ascorbate powder (vitamin C) so as much as possible stuck to the ointment. Put it on the bite – end of story. When I took it off that evening there was not a mark there. I have since been told that putting the affected area immediately into detergent has the same affect, it neutralises the poisoning – the type of detergent was not specified.

The reference that steered me towards this particular therapy was: *Exploring Advances in Vitamin C and B Vitamins*, by Frederick R Klenner, MD FCPP, Reidsville, North Carolina (From transcript of a tape made in 1980).



Pat Coleby,
MALDON 3464.

Dear Grass Roots Family,

I need to tap into the collective wealth of information of GR readers. I am **EXPECTING A CHILD IN MAY** and would really like to avoid all chemical baby products, therefore I am in need of ideas, recipes, hints for replacing products such as Napisan, rash creams etc. Any ideas whatsoever for a new mother would be fabulous.

Also, on my list of desires are the following – a Wee Peggy spinning wheel, a blender for an old Kenwood Chef (1960s). Does anyone want to part with either of these items?

Finally, I need inspiration for growing **VEGETABLES IN A COLD CLIMATE**. Does anyone out there have frost-beating ideas for a low budget gardener? We have heaps of resources and energy but as yet little success.

Nik Stafford,
'Hopetoun', KINGS PLAINS 2799.

Dear GRs,

Thanks for a great magazine – I only wish it was published more often! I have **CHRONIC URTICARIA** and get an allergic reaction to almost everything. I almost died three years ago with a really bad attack. The only fruits that I can eat are peeled delicious apples and

pears. If anyone has any recipes for apples and/or pears that do not include any herbs or spices, vinegar, honey or additives I would love them forever. I am fortunate that I can drink as much alcoholic spirits as I want but I can't drink tonic water! Any recipes on how to make tonic water would be appreciated.

One of the few things I have prided myself on is what a great cook I am. We grow over 30 herbs and I can't eat any of them! We also grow organic vegies and the only things I can eat are lettuce, leeks, silverbeet and very small amounts of parsley. If anyone has severe allergies I would be happy to help them adjust their diet and provide allergy-free recipes. I hope the following recipe for Leeks and Pears (entree or accompaniment to main meal) is useful for fellow sufferers.

2 leeks
4 tbsp olive oil
2 tbsp grate lemon peel
pinch ground mace (optional)
4 pears, peeled and cut into 2 cm cubes
salt and freshly ground black pepper
2 tsp chopped fresh chives, shallots or spring onions

Trim and wash leeks. Dry thoroughly. Slice into rings not more than 0.5 cm thick. Pour olive oil into a shallow pan with tight fitting lid, gently add leeks, cover and cook for 5 minutes. Add lemon juice and peel, mace and pears, cover again and cook for a further 5 minutes. Remove from heat and, still covered, leave to cool. To serve sprinkle with salt and pepper to taste, garnish with chives and spring onions.

Deborah Brooks,
13 Ilumba Ave, DAVISTOWN 2251.
Ph: 043-631-474.

Dear Grass Roots people,

To all those people who think a **BUSH BLOCK** is beyond their means. We saved and saved and it took us nearly 20 years, but last year we found a small block, and we bought it. It could be a few more years before we live there, as we need our jobs to pay off the loan. My job isn't very important or very well paid, but after years of unemployment, sick children and all that, I am grateful to have it. Now we are thinking about moving a house to our block. This is supposing that we can get a housing loan and we find a house that is sound and reasonably priced. We have done some research on house movers and have a list, a short one, of businesses to avoid and what not to do. So if anyone has a block in the Cooma/Monaro region and/or you have moved a house to your block, we would love to hear from you.

As our block has been grazing land, we would also like to hear from anyone with experience in growing trees in a cold, dry environment.

We still dream and plan and read magazines and talk to people and get inspired like we have always done. Sometimes we even get to go to our block and spend some time there.



Barbara and Mark,
RMB 113 Cotter Rd,
DUFFY 2611.
Ph: 06-288-7205.

Dear GR,

I am only a recent purchaser of this great magazine but find it very inspiring. I'm a single mum with three boys. I'm starting my Diploma of Remedial Therapies soon and am hoping to be going back to WA at the end of next year to be closer to my family. I would like to hear from other GR or alternative people in WA as I'm interested in joining a small community and also finding an **ALTERNATIVE SCHOOL**. I am also a pagan/wiccan who hopes to one day teach pagan beliefs in nondenominational religion and would be interested in corresponding with other wiccans and pagans.

Raven/Gypsy,
174 Cox St, SOUTH WINDSOR 2756.

FEEDBACK LINK-UP FEEDBACK

Dear Grass Roots Readers,

For those who need **MAGNESIUM IN THEIR DAILY DIET** without having loose bowels try Healtheries Nature's Source dolomite powder. It is a product of New Zealand and available in health shops. I read where it was good for arthritis so started taking it. It is also good for the heart which needs magnesium. I had been taking it for some time when I had heart surgery. It could have been why I recovered so quickly. At \$3.50 for 500 grams net weight at half a teaspoon a day minimum dose it lasts 166 days. Even if you require more it is still not expensive. For those who can't have milk in their daily diet this is a good way to get the calcium you need. Helps to prevent brittle bones which break easily.

Mrs Mary Phillips.
PO Box 56, KILKIVAN 4600.

Dear GRs,

Firstly to Graham Roberts, Mt Riverview, NSW and the article **HOME WORM FARM**. The Reln Worm Factory is not the smallest commercially made worm container. The 12 litre capacity The Worm Inn takes this honour. Manufactured by us and designed for classrooms, fishermen, unit dwellers or anyone interested in starting out with worms in a small way, it was advertised in Gr 100. Regarding putting paper parcels into the Reln trays, we can see no logical reason for this. Each tray is placed on top of the next when the preceding tray is full to the indicator line on the inside of the tray. There should be no gap therefore between the top of the casts and the bottom of the next tray.

Now to Barry Stephenson of Jannali and his worm factory. You have jumped the first hurdle in that you are having success with your factory. We do believe that there is an over expectation of the capacity of factories in that they can cope with scraps from a small family for who is to say what volume of scraps a family will produce. In winter it may be twice as much as in summer when we eat salads etc. Then temperature can be a factor as worms are more sluggish in the winter and not breeding as frequently. Nevertheless, there are advantages. Liquid castings coming from the bottom tray are a valuable source of nutrients suitable for pot plants etc. If you have a well mulched garden, kept moist, you can introduce excess worms into the garden. To increase bulk into your factory, how about some animal manures or compost. Vary the worm's diet a bit, just like humans worms like a change now and again. Hope these points are of help.

D & L Cooke,
Serendip Worms,
PO Box 358, BEERWAH 4519.



Dear Megg, Mary and all at GR,

Just a quick note for possible inclusion in the Feedback section on a question which has been raised a few times of late: **ADVICE ON THRESHING GRAIN**. It's the same question I asked several years ago, and I can only recommend what I eventually ended up doing and that is to purchase an old header. While at first this may seem to be quite an overkill, perhaps instead of sowing half an acre every year one could plant one and half acres every three years.

I used to plant half an acre a year and put my old reaper and binder through it, then transport it in a trailer (a couple of trips, about fifteen kilometres and then throw it into a mate's 'huge' broad-acre header, for three bags of grain. Now that's overkill!

You will find a poor drawing of a small thresher in a book called *Small Scale Grain Raising*, by Gene Logsdon, published by Rodale Press Inc, 1977. A very good book to have if you grow/process grains.

Colin Turton,
RSD Woodmans Rd, NEWSTEAD 3462.

Please keep letters brief, clearly written and relevant to self-sufficiency topics. Letters pushing barrows (religious, political or other) will not be published.

Dear Grass Roots,

Hi, I'm Cindy, and my soul mate Mike and I are as world friendly as we can possibly be. Like Kathy Ffoulkes in GR 110, I am (blissfully) with child and have also been questioning the **DEBATE OF DISPOSABLE NAPPIES** or towelling. A lot of people I had spoken to in the past were all for disposables, saying that with towelling nappies you had to use unenviromental chemical cleaners and hot water anyway, so disposables are therefore equal to towelling in their harm to the environment. Not so.

After much research I have discovered some very interesting facts. Although disposable nappies are admittedly handy because you can wrap up the poo and throw them away, this is actually illegal in Australia. It is an offense to throw human waste into the general refuse system. Disposables are supposed to be burnt in an approved incinerator. Our rubbish tips aren't designed to contain human waste. The risk is high that groundwater can become contaminated from bacteria and viruses from your baby's disposable nappies.

The cost is high too. At the rate of 10 nappies a day, 365 days a year, over two years, the full-time disposable nappy using mum will spend close to \$4000. Note: cheaper generic brands could be used to cut costs but these brands do not work efficiently. Leaks, seepage and complete collapse are common.

Also to consider is the sheer waste involved of nonrecyclable paper pulp. One tree produces enough paper pulp for 500 nappies. In Australia over one million disposables are used every day and then thrown away - 2000 trees a day!

Disposables take hundreds of years to decompose. Byproducts of the nappy fibre bleaching process are the highly toxic chemicals, dioxins. Even the tiny amounts of dioxins found in disposable nappies may be a possible health risk to your baby and to the environment, as the dioxins don't break down readily and so stay toxic for a very long time.

We do not have to use commercial washing detergents on our baby's towelling nappies. They contain a chemical mix of bleaches, detergents and disinfectants that if not thoroughly rinsed out will cause nappy rash.

I have a friend who has a special 'poo brush' which she uses to remove excess waste from her son's nappies which she then soaks in cold water to which is added three tablespoons carb soda or eucalyptus oil (eucalyptus oil is great for eradicating laundry smells). Then she washes in hot water and pure soap. Use one tablespoon of vinegar in the final rinse to remove excess soap (this may or may not be necessary).

Always try to hang nappies in the sun as this is your best sanitiser and whitenor of all.

A lot of people wash baby clothes and nappies (not wool) in hot water, but according to one book I've read it is not necessary. It seems to me, the clothing and nappies would last longer if they weren't washed in hot water. I suppose all you'd have to do is pay special attention to stains, possibly soak everything before washing.

Another washing tip I've discovered is to dab carb soda paste over stains, which banishes vomity smells on baby's clothes.

Nappy rash is common in babies and a good way to keep it at bay is to wipe and wash baby's bottom and genitals at every nappy change. Then apply a zinc and castor oil cream - this acts as a barrier cream against the acidic urine.

I hope this information is a help to you Kathy, and any other mothers.

Cindy and Mike,
9 Northview Drive, PAMBULA 2549.

Please, no more on the nappy debate. It's been well and truly covered.

FEEDBACK LINK-UP FEEDBACK

Dear Readers,

We are a couple with two children (7 and 2½) living approximately 300 kilometres north-west of Brisbane. Essentially we are beef producers on a scenic but marginally productive 540 acres. We are in the process of expanding into olive growing and a small woodworking industry. At the same time we are establishing fruit trees, vegetables and bush tucker on permacultural lines. We have a menagerie of animals, mostly productive, that take a fair bit of time nurturing. The drought has made times hectic and difficult but we are close to self-sufficiency in most areas and are very lucky to have a reliable water supply.

Over the years we have put a lot of energy into relocating buildings, doing it the cheap but long way, pulling them to pieces and rebuilding. We now have an impressive collection of relocated history which includes a railway station first built in 1918, but it does mean we have spread ourselves thinly on other projects.

We joined WWOOFers over a year ago and have had some wonderful people come and stay, the only problem being it is unpredictable when they come. We seem to go for months with no one then a lot together.

We would like to hear from anyone interested in **EXPERIENCING A RURAL LIFESTYLE** for an extended period, getting involved and learning from and with us. In return we can offer a large caravan and annexe with cooking facilities, and shared use of veggie garden, meat, milk and eggs. We don't mind a couple, someone retired, a young person etc as long as they are honest, reliable, have a bit of common sense, a sense of humour and are financially self-sufficient. Please write or ring and tell us about yourself!

Wil & Megan Seller,
"Logboy", MS 571, MURGON 4605.
Ph: 071-684-669.

Dear GR Readers,

Thanks GR for a great magazine, it's the only mag I buy apart from *Australasian Poultry*! I was wondering if any readers could help me with some problems. I suffer from **ANXIETY ATTACKS**. Have any readers beaten this disorder naturally and how? I'm on medication and hate it.

Has anyone got any **PATTERNS** for crocheted bathers or bikinis? Any readers with any recipes for **COOKING EGGPLANT** because mine always taste bitter.

Can anyone send me **MEDITATION MUSIC** as it is fairly expensive. I am willing to pay for a blank tape. Any ideas for **SEXING DAY OLD CHICKS**? Does anyone have any **POULTRY BOOKS** they are willing to part with for a reasonable price?



T Dickson,
PO Box 1165, NOOSA HEADS 4567.

Dear Readers,

I have enjoyed this magazine for a couple of years and feel I need a share an experience with some like-minded souls. Some weeks ago a large dog literally pulled the iron back from the bottom of our back fence and went on a **KILLING SPREE**, destroying ten of our eighteen pure bred Australorp chooks on a day we were out. A further two died of their injuries several days later. I had dressed the wounds with tea tree oil which seemed to dry them but the birds didn't overcome the shock as the dog came back for a second time.

Our dog catcher told us our rights. The dog's owners will get away without paying a cent in compensation as it will cost us more to take them to court, they will not pay the council fines and a day's community service will not teach responsible pet ownership. The dog belongs to our back neighbour who rents the house which means we have had to bear the cost of fortifying our back fence against further attacks. We have a ¾ acre block and had hoped to extend our poultry to some ducks. All this leads to the part I need to share as people can't understand they aren't just chooks. We have kept Australorps for

about six years. These chooks had been raised from settings of eggs, we watched the chicks from a distance (Australorps are good mothers), watched them go through adolescence then into beautiful black pullets just starting to lay and cockerels (these are in the freezer). Six rooster vying for attention at four in the morning is a bit much in town. The six left are all pullets. We were selling the free range, chemical-free eggs also. This small income is gone. We have no experienced broodies to raise more chicks. We will try setting a pullet with eggs from a friend with a rooster if one goes broody then wait and see. For me, worst of all, my favourite hen with a bent tail that would peck at my toes as if a tasty morsel if I had thongs on, was ripped apart and left for dead. Mere mortals just don't understand that they're not just chooks, they have a vital role to play in recycling, sustainable living and keeping another breed alive. Thanks for listening.

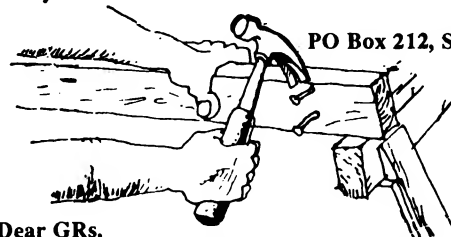
Michelle Wohlfell,
15 Ida St, MURRAY BRIDGE 5253.

Dear GR Readers,

We have moved from Queensland to Tasmania, and would like to find like-minded folk to meet in fellowship with. Our interests include, organic gardening, healthy lifestyle, and study of the Bible and other Christian literature. If you would like to write or phone, we should be happy to correspond with anyone interested.

In answer to your query Janise on ADD and the use of **RITALIN**. This drug is potentially dangerous. Some of the side effects are: insomnia, anorexia, nausea, dizziness, skin rashes, psychotic behaviour, convulsions, affects behaviour whilst driving, retards growth and can cause suicidal tendencies. (This is according to the medical handbook.) Don is a clinical nutritionist and epidemiologist and would be most happy to answer queries in this area.

Also Barbara Haddon, your query on oxygen therapy. There is a book by Jeremy Lee called *Oxygen Therapy*. There are a couple of products which have government approval, which we would recommend and they are Aerobic Oxygen and Aqua Shield. Make sure you obtain a stabilised food grade product. We look forward to hearing from you.



Pam & Don Gray,
PO Box 212, SHEFFIELD 7306.
Ph: 004-912-408.

Dear GRs,

I'm interested in doing **BUILDING WORK** for environmentally concerned people. Not being a registered builder the work would be confined to building repair, alterations or small additions. The most preferred area would be in the Dandenongs, otherwise Melbourne generally.

Rob Leereveld,
14 Darling Ave, UPWEY 3158.
Ph: 03-9754-2078.

Dear GRs,

My family and I have just moved into a new home at Sunrise Beach, Sunshine Coast Qld, and we would like to put in a vegie/native garden, but have no idea how to **PREPARE THE SANDY SOIL**. The yard had been turfed just before we moved in and we are on water restrictions. As the home is rented through the Queensland Housing Commission we have to have permission to put anything into the home, eg rainwater tanks, alter the plumbing for grey water run-off etc. So any info on setting up gardens, watering, mulching etc would be greatly appreciated.

Also, does anyone know where I can obtain leadlight supplies, yoga and meditation classes in the Noosa district.

Julie Ramsay,
11 Hardy St, SUNRISE BEACH 4567.

FEEDBACK LINK-UP FEEDBACK

Dear GR,

I am seeking a home for the long-term future (single man, 32 y/o with a wide variety of skills and a dog). I am an unemployed person with limited financial resources but have a lot to offer in time and energy which I could **CONTRIBUTE TO A COMMUNITY**. I ideally would like to live in a place close to other people who have similar interests to myself. An important need is an emphasis on the principle of mutual co-operation between people. I am feeling very motivated to assist a community to establish community resources, perhaps gardens, a gathering space, workshop areas, or perhaps a community enterprise project. If you are living in a community where there is room for an extra share and energy to help each other I would very much like to hear from you. Call Bret: 066-797-119.

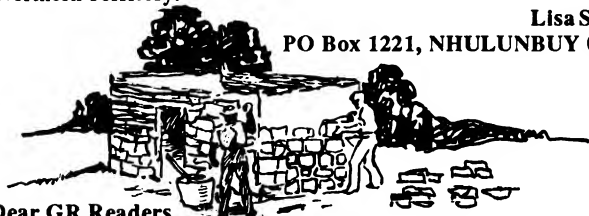
Bret Fishley,
Pretty Gully Co-op,
Byrill Crk Rd, UKI 2484.

Dear Grass Roots Readers,

Last year we purchased 17 acres of beautiful bushland at CHILDERS, QLD, and soon we would like to start building our home.

Has anyone out there built their own **STONE HOUSE**? We would like to communicate with anyone who has this experience, or if you live near Childers and want to pass on any other building ideas please feel free. We will be renting a house in town whilst building and are on the lookout for cheap accommodation, but not too run down. My husband, Danny, is in the Army which is why we're currently in the Northern Territory.

Lisa Shaw,
PO Box 1221, NHULUNBUY 0881.



Dear GR Readers,

Last year our horses enjoyed our crop of **CARAMBOLA FIVE CORNER FRUIT**. Has anyone got a recipe for jam they could send me? Years ago I had a climbing Madagascar bean but have misplaced the seeds (white with a touch of purple I think). If anyone has a couple of seeds to share I would be very grateful.

Cynthia,
MS 2217, BUNDABERG 4670.

Dear GR Readers,

I am hoping someone can help me with a better method of roasting homegrown coffee beans.

So far I have tried roasting in an oven on a flat pan, but found this a very uneven process with some burning and others not changing colour at all. Next I tried over the stove top in a frypan with a medium flame and a lid on top. Even though I picked the pan up and shook it often the result was the same as in the oven. Some burnt and some remained unchanged in colour.

Apparently I need a minimum of three kilos to have them roasted in a commercial coffee roaster and so far, although we get a good crop each year, we don't have three kilos.

Hoping someone can pass on some ideas! If anyone is wanting to process their own coffee I use an excellent process from GR 85, and if anyone in the Cairns area wants some seedlings I have a few to spare.

Wendy Richmond,
10 Hancock St, EDMONTON 4869.

Dear GRs,

The New England Colonial Living History Group are offering **FREE SKILLS WORKSHOPS** and other activities. All skills and activities are based on Colonial and Woodland Indian society during the mid 18th century in the New World. Skills and activities include: Flint and steel fire lighting and other period fire lighting methods.

This includes native Australian plant identification and preparation for tools and tinder. Wilderness survival skills (18th century and modern, for adults and children). Colonial living skills. Woodland Indian/Colonial camp and treks. Barbecues and other living history social events held at Fort Henry. Tomahawk throwing. Muzzle loading. Archery.

Children are catered for with tree swings and other games, including bush survival games. They also have free access to play in and around Fort Henry, which is a full size copy of an 18th century trading post fort. Camping is available at most times both in and around Fort Henry, which is situated on the edge of natural forest not far from Armidale City, NSW. Regular meetings are held the first Sunday of each month. Other meetings, including period camps and treks, are organised at any time to suit participants.

The New England Colonial Living History Group plans to expand present facilities in and around Fort Henry to include: A sheltered outside colonial mud bake oven, a blacksmith shop, and a Woodland Indian village.

Anyone who thinks they might be interested in joining this group, who may want more information about group activities, or who may wish to make contact with this group's representatives in other states, is asked to please write to:

New England Colonial Living History Group,
C/- Keith Burgess, MSF 2007, ARMIDALE 2350.

Dear Grass Rooters,

I have recently moved to Boatharbour in beautiful Port Stevens, private beaches and national park, lovely. My boyfriend and I have bought five acres on Gan Gan Rd and are planning our dream house, based around the kitchen as we love cooking and eating. We plan to grow everything edible and native and hope anybody in the Port Stephens area can help with **CUTTINGS AND/OR SEEDS**. Our land is an old market garden property so everything should grow. We will be using permaculture and environmentally safe gardening. We will be using solar hot water, gas in the kitchen and Bio-cycle septic onto our gardens. I have a three year old son and love plants, they are my hobby and employment. I would love to hear from anybody around here that likes similar things like gardening, propagating, camping, outdoors, 4WD, farming and cooking, craft etc or anything else. We are both very crafty and handy and, as I don't know anyone here, I need to find you. I recall reading a letter in the past from a family on Gan Gan Rd that also had five acres and a bracken problem. Please write to me. I think I know your property but am not really sure.

J Breedon,
2/40 Blanch St, BOATHARBOUR 2316.

Letters are accepted and edited at the
discretion of the publishers.

Dear GR Readers,

I just cannot believe all the wonderful **LETTERS OF ENCOURAGEMENT & SUPPORT** I've received from so many of you after my letter in GR 113. I'd written that letter some time ago when I was feeling so overwhelmed at how to make it possible to live in the country - in a gentle way to the environment and without much money! I am clearer now about what I want to do and basically I'm taking it slowly. And as one person wrote to me, 'Moving to the country is as simple as leaving the city'.

One person thought I was very negative, but I think that is part of the process. Though the one thing that holds me back, I know, is lack of funds. So I'm slowly working things out within my limitations.

Again, thank you, thank you, thank you, to all you wonderful people who wrote I will get back to all of you eventually. It was also great to receive so many hand-written letters in this supposed 'computer age'.

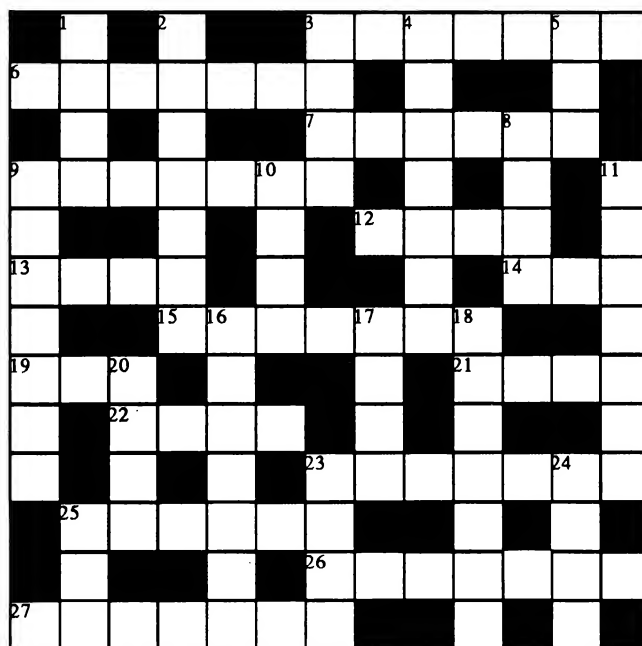
Lea Rain,
18 Westport Ave, QUEENSTOWN 5014.

CRYPTIC GRASSWORD

by M Riley, Tanjil South, Vic.

- Across
3. Cooking not his game (7).
 6. Surprise with rattles (7).
 7. Companionship (6).
 9. Polish study (5, 2).
 12. Dismiss ingrate (4).
 13. Towers of strength (4).
 14. In form and in favour (3).
 15. Its tang reveals sampling (7).
 19. Melts underwear and slips (3).
 21. It's greedy of David (4).
 22. This tree leaves much to be desired (4).
 23. Refuse to go down (7).
 25. As the salver went adrift (6).
 26. Pressing time of day (7).
 27. Jogged with the joint under the armpit (7).

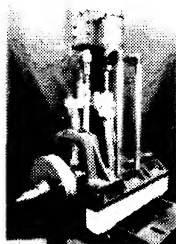
- Down
1. Lead skylight (4).
 2. Give now (7).
 3. Look up and down (4).
 4. Forbid sale (7).
 5. To dine in the theatre (3).
 8. Sets free to form ridge (4).
 9. Wind up act with breathtaking part. (7).
 10. Runs for the pitchers (4).
 11. Shorten a game (7).
 16. All worked up about their craft (7).
 17. Lied about being unemployed (4).
 18. Insect has gall to be brave (7).
 20. Drops in the ocean (4).
 23. Coloured another eddy (4).



24. Sisters in habit of devotion unseen (4).
25. The tally covers everything (3).

Solution page 66

STRATH STEAM



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Rod Muller, Strath Steam,
Taylors Lane, Strathalbyn, SA 5255.
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A Human Rights Notice to all people upon planet Earth

We have two basic human rights. The first one which is now under threat by our own government. The second one has already been taken away.

Our first basic human right is the right to breathe air free of charge as nature provides it.

Our second basic human right is the right to build ourselves a home in which to live and so as to shelter from the rain, the elements of nature. So therefore to build ourselves a home in which to live requires some land for that home to be built upon. Yes that's right we all have the right to some land to build our home upon.

For Planet Earth, the land we are now standing on, has been provided free of charge for all that inhabit it. Thanks be to God for providing planet Earth free of charge for all. Pity be on our governments for denying us our right to some land to live upon. Everybody has the right to somewhere to live in their home country.

Written by The Earth Peoples Human Rights Organisation.
Inserted by J Kaiser, C/- Post Office, APPIN 2560.

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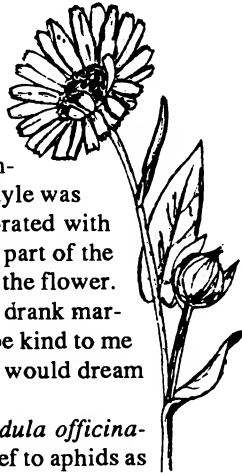
KIDS PAGE

It's hard to imagine a world without flowers. Their colour and fragrance provides beauty, as well as being an important food source for insects, birds, animals and ourselves. We have included some ideas for eating flowers (make sure the flowers you choose are edible, as some are poisonous) and some craft ideas from our review book *Flowercraft*. If you then wish to try more ideas GRs 99, 100 and 101 have further flower craft projects.

MARIGOLD MAGIC

In England during the eighteenth century, a midsummer dinner in marigold style was a country tradition. The table was decorated with marigolds, and each course had to have part of the plant in it, either the leaves, the seeds or the flower. On the 18 October, St Luke's day, girls drank marigold, honey and wine, said: 'St Luke, be kind to me and let me true love see', and then they would dream of their future husbands that night!

In a tussie mussie, marigold (*Calendula officinalis*) means 'grief', which could mean grief to aphids as it is often planted as a companion plant or the petals used as a spray with soapy water. Marigolds are easy to grow and will self-seed all over your garden.



DID YOU KNOW?



Flowers attract bees by colour. Bees can see blue and yellow as well as ultraviolet light (which we can't see). Most flowers that get their pollen spread by bees have yellow, blue or ultraviolet markings.

SIMPLE BUSH POTPOURRI

What You Need

- 2 cups dried gum leaves
- 1 cup any dried lemon scented bush leaves (lemon scented eucalyptus, bottle brush, tea tree or myrtle)
- 1 cup wattle flowers
- 8 whole cloves, crushed
- 6 drops eucalyptus oil
- a few interesting seed pods or whole dried native flowers
- 1 tbsp orris root powder

What To Do

Place the dry mix in a container (not metal or plastic) and gently shake or mix well. Add the fragrant oil one drop at a time, mixing well between drops. Cover the container and put it aside for a few days in a cool, dark place. Give it a stir now and then. When you are satisfied with the perfume, put the potpourri into a decorative jar. As the fragrance fades over time, freshen it up with more oil.



BOOK REVIEW

FLOWERCRAFT

by Lynette Silver

A book full of great ideas for preserving flowers for yourself or as gifts for others. With easy-to-follow directions, you can make potpourri, pomanders and sachets and learn how to press flowers to decorate cards, bookmarks, calendars, candles and boxes.

The book comes with a starter kit of a square of cotton, a ribbon and a small bottle of fragrant lavender oil to start you off on a first project.

P/b, 63 pp, Sally Milner Publishing. RRP \$16.95.

COOKERY CORNER

Sweet Marigold Rice

- 1/2 cup uncooked rice
- 4 cups milk
- 1/2 cup sugar
- 2 tbsp marigold petals
- 3 tbsp cornflour

Heat the milk with half the fresh marigold petals. Add the rice and cook until the rice is soft, stirring occasionally. Dissolve the cornflour in a little milk, then add to the rice and stir on the stove until the rice thickens. Add the sugar.

Place a few marigold petals at the bottom of four dishes. Pour on the hot rice pudding and leave in the refrigerator to cool. Turn the puddings out onto plates to serve.



Q. What is a blooming nuisance?

A. A weed.

What would a baby goose say if it saw an orange in its nest?
'Look at the orange marmalade.'

CRYSTALLISING FLOWERS

What You Need

- egg white
- castor sugar
- edible flowers (try violets, roses, borage, pansies, forget me nots, honeysuckle)

What To Do

Whip a fresh egg white with a fork until it is broken up but not frothy white. Hold the flower by the stem and cover the top and underneath with egg white using a clean paint brush. Gently sprinkle with castor sugar and place topside down on a wire tray. Keep in a warm dry spot until completely dried, usually a few hours. Store in an airtight tin and use to decorate cakes and puddings.



WHILE THE BILLY BOILS

My Menu of Prize Winning Recipes

by Pamela Odijk, photo by Herman Odijk.

The billy has always been boiling, the pot simmering and the oven always ready in our family for generations. My mother started to teach me to cook when I was just seven years old, using an old Beacon Light fuel stove – and I have been cooking ever since, always preferring homemade over bought. I cook for my family, for fetes, market stalls and for show and competitions. Even as a busy mother who was both working and studying, I thought it important enough to have as much food homemade and home cooked as possible and put a lot of effort into that – although I later found out that my daughters often used the homemade biscuits in their lunch boxes as bribes for one thing or another. The following menu items and their recipes have all earned prizes for me. I hope they are a big hit with readers too.

ONION AND MUSHROOM BHAJIS

1 onion, peeled and chopped
 1/3 cup rice flour
 1/2 tsp turmeric
 1/4 tsp salt
 1/4 tsp coriander
 60 g mushrooms, chopped
 1/3 cup plain flour
 1/4 tsp cumin
 1/2 tsp hot chilli powder
 2/3 cup natural yoghurt
 oil for frying and parsley for garnish

Place flours and spices into a bowl and mix. Stir in the yoghurt, onions and mushrooms and mix well. Form the mixture into small balls and fry in hot oil for 3-4 minutes until golden in colour and cooked through. Drain on paper towels. Serve warm, garnish with parsley.

PEACHY PORK ROAST

1 piece of pork flap (about 1.5 kg). This is an economical dish as it uses a cheap cut of meat. Ask the butcher to bone the flap for you and score the rind.

Stuffing

1 cup diced tinned peaches (save syrup)
 1/2 cup chopped walnuts/macadamias
 1 cup fresh bread in 1 cm cubes
 1 tbsp melted butter
 2 tbsp chopped or grated onion
 sprinkling of mixed herbs
 freshly ground black pepper and salt
 Combine these ingredients well together. (Easiest using a food processor.)

Sauce

1 cup of the saved peach juice
 1 tbsp thick soy sauce
 1 tbsp melted butter
 Combine all the above.

Preheat oven to moderate. Trim excess fat from the pork and lie it flat on a bench. Combine the ingredients for the stuffing and spread over the piece of pork. Fold into three and secure firmly

with skewers. Place in a baking dish and pour the sauce ingredients over. Bake for 2 to 2 1/2 hours. (Serves 6-8).

Bake vegetables (potatoes and pumpkin) in a separate dish while the pork is cooking. Serve with coconut cabbage.

COCONUT CABBAGE

about 700 g shredded cabbage
 2 tbsp oil
 2-3 bay leaves
 1-2 capsicums (chopped)
 1 tsp dried chillies
 3/4 tsp salt
 3 tbsp desiccated coconut
 1/2 tsp ground cumin
 1/2 tsp sugar

Heat oil in a frypan over medium heat. Add the bay leaves, cumin and dried chillies and let sizzle for a few seconds. Add cabbage, salt, sugar and turn, mixing well. Lower heat and cook for about 15 minutes until about half cooked. Add the coconut and mix through. Cook, turning frequently. Serve.

MACLAVA

This recipe, originally devised using macadamias from our own orchard, is my Queensland version of Baklava which is a traditional eastern Easter pastry of very thin dough, nuts and honey.

125 g macadamias
 50 g soft brown sugar
 125 g butter, melted
 400 g cooking chocolate
 450 g filo pastry
 2 level tsp ground cinnamon

Syrup

juice and grated rind of 1 lemon
 5 tbsp honey
 4 tbsp water

Combine all these ingredients in a saucepan and bring almost to the boil.

Chop the macadamias, coarsely grate the chocolate. Mix the chopped macad-



amias, grated chocolate, sugar and cinnamon.

Carefully unroll the filo pastry, fold in half width-ways and cut out a rectangle in the shape of the baking tin or dish. Divide the pastry sheets into several separate layers. Place the first of the sheets into the greased baking dish and brush with melted butter. Sprinkle with some of the Maclava filling mixture. Repeat this process, alternatively layering the ingredients, finishing with pastry sheets and butter. Cut into squares and bake at 180°C for 45 minutes.

Pour the hot syrup over the Maclava and allow it to cool in the dish or tin.

ICED BARLEY WATER

Wash 1/2 cup barley thoroughly. Strain. Cover barley with cold water and bring slowly to the boil to blanch. Strain a second time. Put barley into a saucepan with the thin yellow rind of a lemon. Add 10 cups of water. Allow to simmer for an hour. Allow to cool slightly and then add 1 cup of sugar and a cup of lemon juice and stir to dissolve the sugar. Remove the rind and chill.

HYPERACTIVITY AND HYPERKINESIA

by Robyne Neal, Victor Harbour, SA.

Our first article on Attention Deficit Disorder (GR 113) outlined a strategy combining medication and the building of self-esteem. In this article, Robyne Neal shares the diet and recipes that have helped the children in her care.

When we talk of hyperactivity, we automatically think of children full of coloured sweets or food laced with artificial ingredients. These ideas have been proved to be only part of the problems for these children. Many parents ask, is it something that they eat or smell? Can this problem cause the children to have learning, behaviour or activity problems? Specialists such as Doris J Rapp, an American allergist, believe that it is possible for children to have problems other than food problems.

Some doctors just write out a prescription and then the parents shove tablets down these children's throats, unsure what this medicine can do to the youngsters. A friend of our family had her son on tablets and it took her two years to get him off them, afterwards they found he was a lot worse than he was before he commenced the tablets.

We have an eight year old boy (foster child) who was on tablets before we had him, but the doctors found that they weren't working for him. When we had him I put him on a diet with his permission (which is very important for the child). He helped make some of his meals and found he enjoyed his food more as he was part of its creation, the only setback was when he went to see his natural mother she would try to undo what we were trying to do for him.

Research has been going on in this field since 1908 when reports were published in a medical paper that some children became fretful, irritable, restless and sometimes unable to sleep if they ate certain foods. It was wondered if some children did not have an allergy or a reaction to what they ate at meal-times. Some of the symptoms were being extremely fatigued or extremely tired rather than overactive; sometimes the same children were too tired and too hyperactive at other times.

Other doctors have also found some foods seemed to change children's behaviour so that they tend to act depressed, angry or just plain irritable. The same behaviour patterns can happen with certain odours such as per-

fumes, pollens, dust and moulds.

In 1930, Albert Rowe diagnosed a condition that he called 'food toxæmia', with which a number of his patients complained of weakness, fatigue, slowness and irritability. He devised a strict diet and because it helped so many of his patients, Dr Rowe came to firmly believe that food as well as pollution caused a lot of his patients' problems.

Don't confuse hyperactivity and hyperkinesia: some people use these terms interchangeably, but the latter term includes the inability to concentrate on any one thing, or the child is often said to have a short attention span. Another symptom is to rush at whatever the child wants to do or to flit from one thing to another and be easily distracted from what he/she is doing.

HYPERKINESIA CHARACTERISTICS

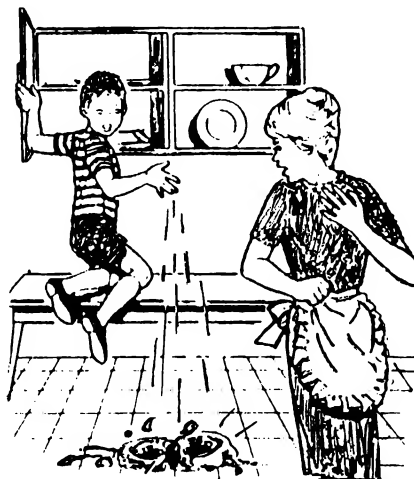
- Can't sit still to watch TV, to hear a story, to ride in a car, to eat a full meal.
- Can't concentrate to complete anything, to study at school, to understand discipline, to play a game.
- Can't control emotions, cry easily and often, fight often and readily, are aggressive and bullying and often depressed, have temper tantrums and emotional outbursts, fall apart with criticism.
- Don't speak normally, speak too loudly, talk too much, babble and don't make

sense, have sudden outbursts, tend to stutter, interrupt conversations and seem to be spaced out at times.

- Have a poor disposition, can be irritable, are unhappy, tend to fight with other children, tend to have few friends and become frustrated very easily.
- May hurt themselves or others, appear clumsy or awkward, tend to run around too fast, bump into things or walls, bite or hit other children or adults, are impulsive without thinking things through first.
- May break things, have to touch anything in sight and tend to break them accidentally.
- Aren't normally affectionate, don't like to sit on anyone's lap, dislike being cuddled and kissed.
- Can't sleep properly, have difficulty in getting to sleep, unable to stay asleep (this can affect babies as well), toss and turn all night, tend to have nightmares and cry out in their sleep, sleep with fists clenched and limbs stiff, awake in a bad mood.
- May not like themselves, tend to call themselves stupid, think others don't like them, are often depressed at times and say life isn't worth the effort.

HYPERACTIVITY

Unfortunately there is no simple definition to this problem. In contrast to normally active children, hyperactive children cannot concentrate on one chore at a time. Sitting through a meal becomes a nightmare for the parents. The child is often on the go, with hands, feet and bodies constantly moving or fidgeting. These children are often clumsy, they don't like discipline and they seem to cry at the drop of a hat. My own son was diagnosed as hyperactive at the age of nine months, but instead of using drugs, the doctor at the time tried him on what was then called the Golden Diet. His improvement was almost overnight, the only setback I had was my mother who delighted in giving him Smarties and tinned food, which luckily he spat out as he had better taste. We never found out if his brother was the same as he was put



on the diet as soon as he was born. We can still tell if he eats something that he shouldn't because of rapid mood changes and moodiness that can last for days.

If you suspect that your child is either hyperactive or hyperkinetic get professional help. Don't give your child drugs. If your present doctor doesn't give you satisfaction find another one, it's your child and you are the one who has to live with them. To all the pregnant mums, just remember that what you eat is passed on to your unborn child. Ask yourself if you are turning this child into a hyperactive child. It's not worth the risk is it?

RECIPES

These are just a few of the recipes for hyperactive children that I have. They may not suit some children as I have had to experiment over the years and keep records for all the children that come into our care as well as our own children.

Wholemeal Bread

- 1½ kg wholemeal flour or whatever is suitable
- 2 level tsp brown sugar
- 1 lt warm water
- 30 g dried yeast
- 30 g butter, veg fat or oil
- 1 level tsp salt

Stand the flour in a mixing bowl in a warm place. Dissolve one teaspoon of the sugar in 300 ml of warm water. Whisk dried yeast into the sugar and water with a fork, leave till frothy – about 10 minutes. Rub the fat into the flour. If using oil, add when the dough is partially mixed. Dissolve salt and remaining sugar in the rest of the warm water; add this and the yeast solution to the flour. Mix thoroughly to form a smooth dough. Working quickly to keep the dough warm, knead on a floured board until it is no longer sticky.

Cover dough and leave in a warm place until double in size. Turn out onto a floured board and knead till firm. Divide into four equal parts, shape and put into well greased tins. Cover and leave in a warm place until dough rises to just above the bread tins. Bake in a 230°C oven for 35–40 minutes. Remove from tins and allow to cool.

Malt Bread

- 250 g wholemeal flour
- 150 ml warm water
- 350 g black treacle
- 90 g malt extract
- 1 level tsp baking powder
- ½ tsp bicarb soda

- 1 egg
- 90 g raisins or sultanas

Mix the flour, water, treacle and malt extract. Leave in a warm place for one hour. Beat the egg and add to the baking powder and bicarb. Add this to the flour mixture, with the well washed sultanas or raisins. Put in a well greased loaf tin and bake in a moderately hot oven, 180°C for 1 to 1½ hours. Remove from the tin and place on a rack to cool.



Vegetable Casserole

- 1 turnip
- 1 sml onion
- 1 yellow pumpkin piece
- 2 carrots
- 1 bunch leeks
- 2 tsp shortening
- 125 ml broth or stock
- 2 stalks celery

Dice vegetables in small pieces. Saute in shortening until crisp, not browned. Transfer to a casserole with the stock. Cover and cook for one hour in 180°C oven. Check to see that there is sufficient liquid while cooking. Serve with white cheddar cheese sauce.

White Cheddar Cheese Sauce

- 2 tbsp butter
- 2 tbsp flour
- ½ cup milk
- ½ cup chicken broth
- ½ cup grated white cheddar cheese
- salt & pepper

Melt butter in a saucepan. Add flour and cook until it bubbles. Add milk and chicken broth gradually and stir until thick. Add grated cheese, salt and pepper.

Green Rice

- 2 green onions
- garlic if desired
- ½ cup olive oil
- 2 cups boiled rice
- 2 cups milk
- 2 cups grated white cheese
- 1 cup chopped parsley
- 2 eggs, slightly beaten

Chop onions and garlic. Cook in olive oil without browning. Add other ingredients. Bake in greased casserole dish for 45 minutes in a 180°C oven. This dish will add a natural colour to a child's meal.

Potato Cups

- 4 large potatoes, grated
- ½ onion, finely grated

- ¼ cup fat or oil
 - 1 cup cornflakes (check label)
 - ¼ cup flour
 - 2 eggs, slightly beaten
- Mix all ingredients well. Pour in well greased muffin tins ¾ full and bake in a hot oven (220°C) for around 10 minutes, then reduce to 180°C and bake for another 20 minutes. These are easy to serve. They will hold in the oven with the heat turned down and not lose any of their flavour. They become crisp when browned.

Baked Noodles

- 1 packet noodles, cooked
- 1 cup cottage cheese
- 1 cup sour cream
- 1 finely chopped onion
- salt and pepper
- parmesan cheese

Mix ingredients with cooked noodles. Put in greased casserole dish and bake in a 180°C oven until browned and crusty on top, about 40 minutes. Serve with extra sour cream and parmesan cheese. Make your own noodles or use a product with natural ingredients in it.

Swedish Cabbage Rolls

- 1 medium head cabbage
- ¼ cup rice
- 1 cup water
- 1 cup milk
- 250 g ground beef
- 120 g ground pork
- 1 egg
- 1½ tsp salt
- ¼ tsp pepper
- 2 tbsp butter
- 1 tsp brown sugar
- ½ cup milk or cream
- flour

Place cabbage in boiling salted water, after cutting out core from underside. Cook until leaves separate easily but are not too soft. Drain. Bring the cup of water to the boil, add rice and simmer until water has evaporated. Add milk and cook until rice is tender. Stir occasionally. After cooking, mix with sugar, beef, pork, egg and flour. Fill each cabbage leaf with some of the mixture. Roll and fasten with a toothpick. Heat butter in a frypan. Brown cabbage rolls on all sides. Sprinkle with brown sugar and put in a casserole dish. Add the juice from the frypan and a little water or stock. When ready to serve add a little more cream and flour to juice in pan, season with salt and pepper. Simmer until thickened. Should be cooked in 180°C oven for about one hour.

COLIC

THE HORSE KILLER

by Ngaire Schaeffer, Kurrajong Heights, NSW.

Colic is the term used for abdominal discomfort. The kind of symptoms displayed can give a clue as to what type of colic is present or what stage the problem has reached. Loosely, there is more than one type of colic, but, more accurately, it is usually the same complaint but at different stages of progress.

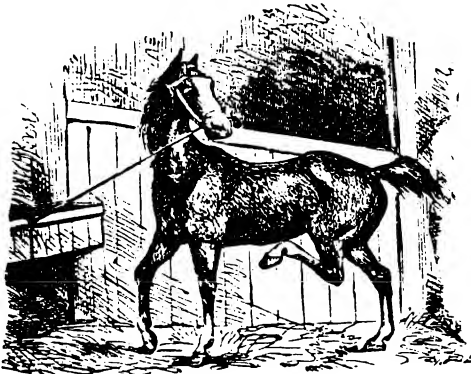
Colic is so serious in the horse that the most important step you can take towards your horse's recovery is to contact a veterinarian as soon as possible. Do not wait if you suspect colic, because if you live a distance away it may take the vet time to get to you and time is all-important in such a case. If your usual vet is not available consider getting another; colic can be a killer.

Do not be tempted to try lay person's remedies or 'old wives' remedies because there are important differences in the stages of the disease and treatment is decided upon according to the accurate diagnosis. The wrong treatment can worsen the situation and even ultimately kill your horse. After saying all that, there are some things you can do, and need to know about, especially if you live off the beaten track or if money is short and you want to be able to spend it wisely.

For the purpose of fluent expression in this article I will refer to the horse as 'him', 'he', or 'his'. This implies no sexual bias and owners of mares and fillies will make their own mental substitutions.

First, you need to be able to recognise colic. Be suspicious if your horse leaves his feed and appears restless. He may walk around in spurts, stopping to swing his head around and gazing at his stomach. He may bite or kick himself, or paw the ground. These are the earliest signs of colic.

Activity progresses to lying down and immediately arising, only to lie again, and groaning. He may take the stance associated with urinating and strain and pass a small amount of urine or/and some manure. Note the urine and also what the manure is like – tight and small balls or soft and runny. You will need to tell your vet about this when you



telephone.

The horse may also start to sweat, either in patches or all over and this is a strong indication of pain. If the horse is constantly rolling, go to the side away from the legs and clip a lead rope onto his head collar. A good tug and he will rise for you and you then start to walk him. Every time he tries to lie down pull him on so he keeps walking. If the horse does not seem anxious to roll, allow him to rest.

Don't listen to the old bushman up the road and give him a drink of beer – the horse I mean (by all means give the bushy the beer instead) – or put a tube up the horse's anus 'to let the gas out'. Both can cause awful problems and worsen the problem you now have. Most tales of spectacular recoveries after these procedures are usually coincidence and just pure luck. While it is possible to alleviate a simple colic, the real problem is in correct diagnosis. Be prepared to call a vet and learn from experience.

Later, when the vet is leaving after treating your horse, and hopefully there has been a happy ending to the scare, it could be a good idea to ask him/her to purchase a stethoscope for you and buy yourself a thermometer. Most vets will be happy to show you how to use these

two instruments for diagnosis since what you say over the telephone next time will assist the vet to decide whether to leave a less serious case to come to you or to decide to finish delivering a foal down the road.

Here are some of the things you can do to help your vet make a decision over the telephone.

Find out whether the bowel is functioning by placing your ear (or your stethoscope) to the abdomen, just in front of the hind leg and where there are no ribs. Listen for rumbling sounds and 'bathroom noises', like tinkling sounds. Note if there is complete silence, some noise, or a great deal of activity. It is a good idea to listen to a healthy animal's stomach sounds so you can compare them.

Take the horse's temperature. Use a clean thermometer and smear it with some oil or vaseline at its tip, after having shaken the mercury down. Of course, your horse may object as you lift his tail to the side and gently insert the thermometer. Do not leave it there or let go of it, but hold it there for a full minute or longer. If you are nervous about the horse kicking out at you, back him up to a railing fence, have someone hold him while you go to the other side of the rail and carry out the procedure, still standing to the side. If he is a raging stallion forget it, let the more experienced vet do it. A temperature of 38 degrees is fine, but after 41 degrees you either have massive pain or an infection as well. Note the temperature.

Gauge the colour of the membranes around the eyes and teeth. Classify them as normal, light salmon pink, deep pink, red, blue-red, blue, yellow, or white.

The pulse rate. Along with the sounds, or their absence, from the stomach, the pulse is the most important indication of severity of pain and illness in this condition.

Taking the pulse is done by feeling under the jaw and locating the artery. Use two fingers and remember that where your own is situated is where the horse has his toq. Using the sweep hand of your watch, count the beats for thirty



seconds and multiply the reading by two. If the horse is head-shy use the artery which runs along the inside of the foreleg just behind the elbow. If you have a stethoscope you can locate the pulse just behind the elbow and count the rate from there.

A healthy young horse can have a reading from 36 beats per minute up to about 45, but the figure rises according to stress. A reading of 80 indicates severe pain. The horse really needs a particular type of pain killer. And here is another caution. Do not, under any circumstances, give the horse a pain killer recommended by anyone except a vet, because, apart from it being illegal to prescribe drugs or administer certain medical procedures, a correct diagnosis must be made in order to prescribe the appropriate pain killer as some will worsen the colic condition by slowing down the working of the intestine. Also, they can make diagnosis for the vet difficult. Remember, when telephoning the vet to tell of all your recorded readings and observations.

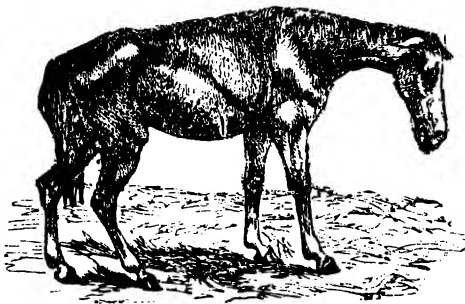
If the weather is cool, rug the horse while walking him, or if he is lying down cover him with sacks or open rugs. If you do not have any rugs but have some straw, you can cover him with that but do not let him eat it. Stay with the horse until the vet arrives.

What is Normal?

You should hear gut sounds. Silence is ominous and indicates a serious situation which must be acted upon very quickly by a vet. Membrane colour of gums and eyes should be pale salmon pink. Blue tinges around the gums are considered very serious. All colour variations should be reported. Rectal temperature should be from 38°C to 41°C. Pulse rate is from 36 beats per minute to about 45. Above that is cause for concern. The best way for you to learn what is normal is to observe and take readings from a healthy horse at rest so you can compare the difference between illness and health. Perhaps your vet can help you with this if you ask at a suitable time. Most vets are happy to assist you since they generally lead very busy lives and can use all the information they can get from an owner in order to decide whether it is an emergency or not.

COMMON CAUSES OF COLIC

- Too much heavy work followed by too much feed when he is tired.
- Heavy feeding and not enough exer-



cise.

- Bad teeth resulting in incomplete mastication.
- Stale food: sour grain, musty hay, mouldy bread, grass clippings, cabbage leaves, too much green grass which has shot up after rain.
- Eating wheat.
- Too much water after heavy exercise.
- Not enough roughage – often a problem with stabled horses which are hard-fed for competition.
- Worm infestation.

A good rule is to consider the horse in his natural environment; he is a creature which walks and eats – regular exercise interspersed with food and water – and his diet is plain and without sudden or great variety.

Remember, paying the vet can be a saving because it is not cheap in terms of heartache and of paying for the bulldozer to dig the hole for burial. And, finally, good horses are hard to find. But above all, failure to treat illness is cruelty. The horse owner must put him/herself in the horse's place at such times, and give the best possible care.

AN ALTERNATIVE APPROACH TO COLIC

An alternative approach is that given by Pat Coleby in her book, *Natural Horse Care*:

'Colic is usually caused by bad feed or an imbalance of some sort in the diet. Make up a drench of 4 tablespoons of vitamin C, and give immediately. Give 25 cc by injection straight into the muscle as well. It is not often necessary to repeat the treatment, but it can be given every half hour if necessary. Keep the patient warm and quiet and remove the cause of trouble. Occasionally colic can be caused by impaction (constipation), and a drench of warm cooking oil (one litre) is worth trying as well as the vitamin C.

If the colic is caused by mouldy hay, in injection of vitamin B1 should be given as well. . .

Whatever the cause, colic should be treated as fast as possible, the next stage can be peritonitis and/or twisted gut, both often fatal.'

The updated 1995 edition of *Natural Horse Care* is now available from: Night Owl Publishers, PO Box 242, Euroa 3666. \$17.45 incl postage.

BANDAGING HORSE LEGS

If you have to bandage an injured leg on your horse because it needs support, or to hold a dressing in place, always bandage the opposite leg as well. It will probably be subject to more strain than usual as the horse takes the weight off its injured leg.

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THE HERB GARDEN

Preparing For Winter

by Mary Horsfall, Longwood East, Vic.



Herbs grown in the vegetable garden act as companion plants and can be conveniently harvested at the same time as you harvest your daily vegetables.

When I first started my garden in the country I set aside a terraced area near the house for a herb garden. Bearing in mind the permaculture principles I had been reading about, the area was near the kitchen for easy access while cooking and it was protected from the worst of the cold southerly winds. I had a lot of fun propagating, landscaping and planting, and the herbs grew well during their first spring and summer. I felt smugly successful for a few months as I harvested and dried and added herby flavours to everything I cooked.

In late autumn however, I began to notice a strange phenomenon – all the herbs looked as if they were dying. Once I had realised it was only their natural winter dormancy period beginning I stopped panicking, but still felt disappointed. Of course, I had known that the annuals would die off at the end of the

season and need to be resown from seed, but, I hadn't realised just how many of the perennials were dormant, and for how long.

Over the winter months and into early spring when this area, so close to the house and visible from my kitchen window, looked bare, dead and depressing I came to the decision to revise my strategy.

Ever since I have grown herbs scattered amongst my other plantings, both in the ornamental garden and in the vegie garden. That way, when they die down for winter I'm not left with an expanse of 'dead' garden. Many of the herbs also contribute to general garden health by repelling insect pests, acting as companion plants, and providing nutrients by way of their leaves as mulch when they become dormant.

The creeping herbs spread to become

lush ground covers. I have a lovely border of golden marjoram which has spread from a single plant. It now surrounds (among other things) a couple of miniature roses and, I'm sure, contributes to their lusty good health, vigorous growth and frequent flowering. Various mints spread into unexpected places and perfume the air with their fresh fragrance. Of course this can also be a problem but it all adds to the mulch or compost if it does grow to 'weed' proportions. At least you can cut and dry it for later use, and pot dozens of pieces for school street stalls, before pulling it out.

In spring I get a lot of lovely surprises as herbs I've let go to seed pop up in unexpected places. Borage is great in this regard, as is calendula. If I really don't want it where it's growing, it can always be transplanted.

One thing you have to be careful of is

to mark in some way spots where you have dormant herbs. Sometimes it can be well into spring before their new growth is apparent, and in your enthusiasm to plant something else you might unwittingly dig into the spot and destroy the plant.

There are woody or shrubby herbs such as rosemary, lavender, sage and bay which do not become dormant (but they usually don't grow much either). These should be pruned and shaped in about April – early May and cuttings propagated in a protected area if desired. Bay trees will need to be either protected from frosts and cold winds in-situ, or grown in pots and moved indoors or onto a verandah. It's a good time to cut some of the previous season's leaves from the bay trees and hang them to dry for use in winter cooking.

If you still have seed heads on dill, parsley, caraway, chervil, fennel or angelica, harvest and store them straight away. I cut the stems and put the seed heads upside down in a brown paper bag. Then I tie the bag around the stems, punch the holes with a skewer for air circulation, and hang them from a ceiling beam. After a few weeks, shake the bag to dislodge any seeds remaining on

the seed head and store seeds in labelled airtight containers, for use in cooking or to propagate next season's plants. As I cut the seed heads I shake a few seeds around the garden in places where I hope they'll grow in the spring, and some usually do.

Take root cuttings of such plants as tansy, pennyroyal, mints, tarragon, French sorrel, chamomile and soapwort after you have harvested any leaves (or flowers) you want for drying and just before dormancy. This can be done during dormancy, but, as out of sight is often out of mind, you are likely to forget. Propagate them in a protected area – a greenhouse if you have one, or a propagating box. I find that a large styrene box with clear plastic over the top, held by drawing pins, is ideal for most propagating jobs.

Where winters are reasonably mild and parsley, mints and thymes will keep growing outdoors they will still benefit from being given some form of protection such as a cloche. Mature parsley plants will usually survive quite harsh conditions, but young plants will need protection. If you have a suitable sunny window ledge it's possible to keep frequently used herbs such as parsley, bas-

il, thyme and sage, growing indoors in pots over winter.

Be sure to keep up with weed control, especially in spots where you have dormant herbs. This can cause problems in late winter/early spring when weeds get off to a quicker start than your herbs and can choke them out or retard their growth.

As herbs start to lose leaves in preparation for winter, cut back any old growth and compost it or use it as mulch. I usually just cut most perennial herbs to ground level and they grow back vigorously in spring.

Although I no longer have a 'herb garden' as such, I regard my whole garden as a garden of herbs, by now largely self-propagating. I think that if something wants to grow in a particular spot it's because that's the best spot for it. My concession to the aforementioned permaculture principle is to encourage the most frequently used herbs to grow in spots close to the house, or in the vegetable garden, so they can be harvested at the same time as I'm harvesting the evening meal. I also grow bay, basil, parsley and sage, and sometimes others, in pots which can be moved around for seasonal convenience.

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BRUSH-TAILED POSSUMS

From National Parks and Wildlife Service, NSW.

The brush-tailed possum, *Trichosurus vulpecula*, is the most widely distributed possum in Australia. It is most common in the forests and woodlands of the east coast but it also occurs in inland areas, usually along tree-lined rivers and creeks. It is an arboreal animal, well adapted to tree climbing, with sharp claws which are also used for combing its fur.

This possum is nocturnal and usually spends the day sleeping in a hollow tree limb. Brush-tailed possums are about the size of a domestic cat and have a pointed snout, pink nose, long whiskers and large ears. The tail is thick and bushy but towards the end, on the underside, it is hairless. The strip of hairless skin probably helps the possum grip branches with its tail. The colour of the fur varies: in northern Australia it is pale grey, while in Tasmania it is dark brown. Size also varies and while southern animals may weigh as much as four kilograms, those in the north may be as light as one kilogram.

POSSUMS IN THE WILD

Food

In the wild, brush-tailed possums feed on a wide variety of leaves, buds, flowers and fruits. The possums have strong teeth and often use their front paws to hold their food while eating.

Range and Territory

Brush-tailed possums lead a solitary life, except when breeding, and in the wild both males and females apparently have their own territories. The female's territory is about one hectare and that of the male about three hectares. These territories overlap so that a number of females occur in each male's home range. In urban areas males are territorial but females appear to wander freely.

Each possum has its own sleeping place, in which it stays during the day. When it comes out to feed at night it usually stays in its own home range. Scent glands on the chest and chin produce a smelly substance which is rubbed onto branches to mark this range. If two possums meet at night they try to avoid

close contact. Fights between adult possums are rare but juveniles may be attacked if they attempt to take over an adult's home range.

Breeding

Brush-tailed possums are marsupials. The young are born in May and June after a gestation period of 17 days. The young possum weighs only 20-22 grams but it crawls unaided to the forward-opening pouch, where it attaches itself to a teat. The young possum spends about five months in the pouch and a further two months clinging to its mother's back as she moves about. Usually only one young is born at a time but the female may give birth to a second offspring during the two months when the first is carried on the back. Approximately 50 percent of female possums would give birth to a second offspring in September or October each year. Males are not involved in rearing the young.

Young possums become independent of their mothers when seven months old and are fully grown by about ten months of age. Females usually breed for the first time when they are twelve months old.

Trapping a Possum

Possums are protected by law in New South Wales and before you attempt to remove one from your property you must obtain a Section 121 licence from the National Parks and Wildlife Service. The licence only permits you to trap and remove the possum – it does not entitle you to kill it, keep it as a pet or sell it.

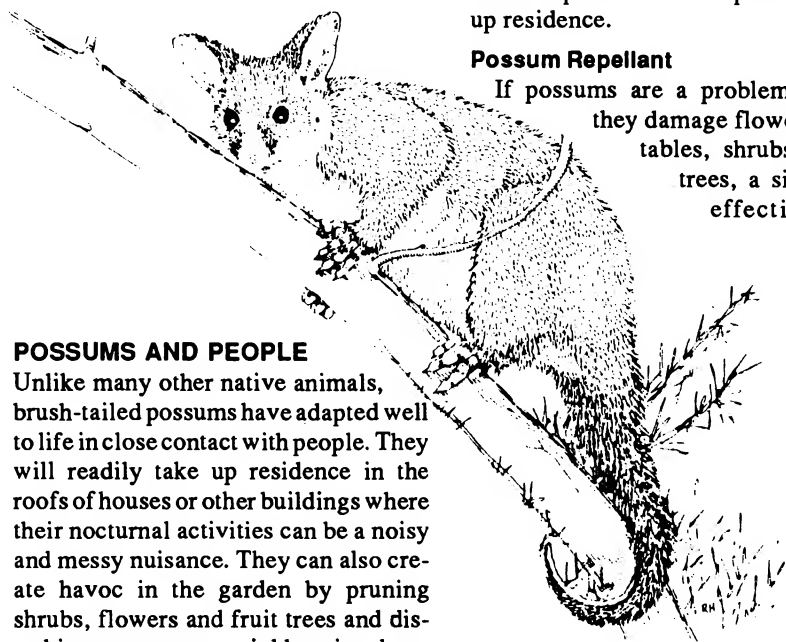
Once you have obtained a licence to trap a troublesome possum you will need a trap. A simple, but effective trap design is shown on page fifty six. The dimensions are approximate only: any large box will serve as a trap.

A suitable bait (eg bread and honey or ripe fruit) is placed inside the trap on a hooked tripwire (1). When the possum removes the bait the movement of the tripwire releases the support stake (2), allowing the trapdoor (3) to fall.

A trapped possum will bite and scratch anyone attempting to handle it, so it should be removed carefully, using heavy gloves, and placed in a hessian bag. The possum should then be released, preferably at dusk or in the early evening, into a natural bush area. Once a possum is removed from a roof all possible points of entry should be barricaded to prevent another possum taking up residence.

Possum Repellent

If possums are a problem because they damage flowers, vegetables, shrubs or fruit trees, a simple but effective mix-



POSSUMS AND PEOPLE

Unlike many other native animals, brush-tailed possums have adapted well to life in close contact with people. They will readily take up residence in the roofs of houses or other buildings where their nocturnal activities can be a noisy and messy nuisance. They can also create havoc in the garden by pruning shrubs, flowers and fruit trees and disturbing your own or neighbouring dogs.

ture can be sprayed on the plants to repel the possums. The basic ingredient of the mixture, quassia chips, can be purchased from chemists in 100 gram packets.

To prepare the mixture:

- Gently boil the chips for two hours in 9-10 litres of water.
- Strain to remove the chips, then add more water to make the mixture up to 18-20 litres.

The mixture should be sprayed over plants affected by the possums. The mix-

ture has a foul taste which discourages further consumption of the plants by possums, but it is totally harmless to both possums and plants.

Make Friends with a Possum

When you remove a possum from your property it is very likely that another will move in and take its place. However, because possums are territorial, if you already have a possum in residence it is unlikely that others will attempt to establish residence rights in the same

territory. Therefore you can reduce your possum problems by making friends with one possum, which will then discourage other possums.

Barricade all entry points into your roof and supply the possum with suitable shelter, such as a large box, in a safe place where it will not be disturbed by dogs or people. Feeding it regularly with soft fresh fruit will minimise its attacks on your garden.

EVICTING A POSSUM

by Jenny Rudge, Bathurst, NSW.

It is common for brush-tailed possums to take up residence in the ceiling of homes where they create a lot of mess and noise and generally make themselves unwelcome. There are various solutions to this problem with the best being to adopt your guest but change the accommodation.

Firstly, construct a sturdy weather-proof box. If you cannot make a box you can buy one from the Wildlife Shop in Russell Street, Bathurst. Get in the ceiling and try to locate the possum's nest. Put the nest in the box. If you can't find the nesting material it doesn't matter, what you are trying to do is put the possum's scent in the box.

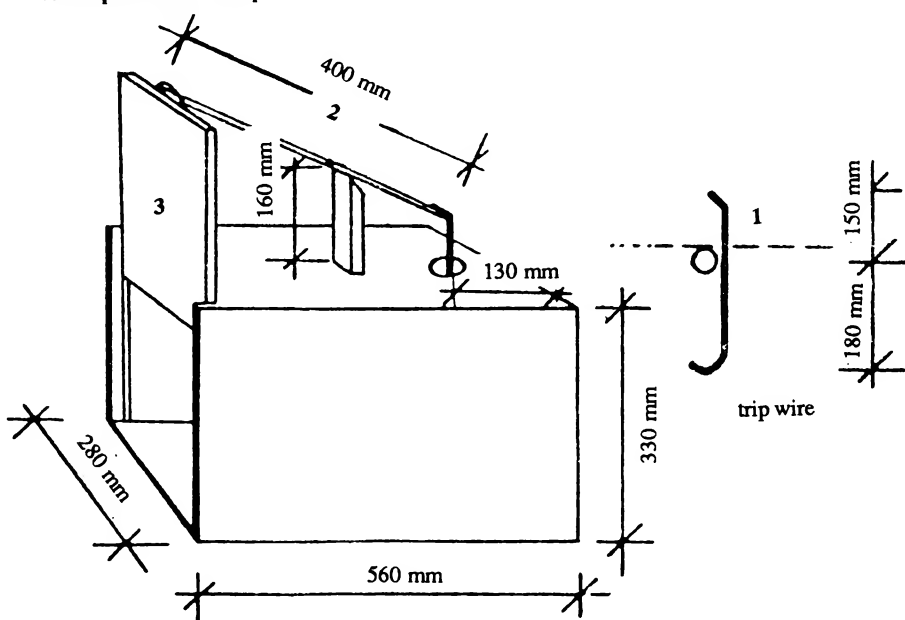
Select a strong branch in a tall tree and attach the box securely, at least four metres up, nailing or using wire. Rub a trail on the trunk of the tree leading into the box using half an orange. Leave some orange, apple, banana or other fruit on or near the box.

Make the roof space unwelcome by rigging up a light in the ceiling and leaving it on for up to three days and nights. Purchase either eight blocks of camphor or one to two boxes of naphthalene flakes and spread these through the ceiling. Do not use both as they react chemically. Cloves and garlic may also deter possums.

If all this fails and your guest is staying put, hire a possum trap from WIRES or NPWS (or make one) and catch it. Keep the possum somewhere warm, dark and quiet while you make the eviction complete.

Get back in the ceiling and make it possum proof. As well as blocking off all holes, lop off any branches that overhang the roof to remove access points.

A Simple Possum Trap



For trees growing against the house try a steel collar about 60 centimetres wide around the trunk about 60 centimetres above the ground.

This solution gets the possum out of your roof and lets you observe and appreciate our native wildlife. This is preferable to the more common practice of releasing the possum a long way away into unfamiliar, and possibly unsuitable, habitat where its chances of survival are unknown.

If you fail to make the ceiling possum proof you will inevitably find the problem recurs and another possum will move in. Take your captive possum out just before dark and release it at the base of its new home.

The possum should be released into a

natural area at dusk at least eight kilometres away. Possums may not be released in national parks or nature reserves.

For more information contact Bathurst WIRES: 063-311-066, or NPWS: 063-319-777.

Letters are accepted and edited at the discretion of the publishers.

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'GRASS ROOTS' AWARDS

We know our readers are a special group of people, their achievements are many and their talents diverse. They usually don't seek notoriety, but are content to quietly lead their lives in accordance with their own values and in pursuit of goals important to themselves. In recognition of these quiet achievers we are initiating the Annual *Grass Roots* Awards and calling for nominations in the following categories:

- **Lifestyle** – a person, family or group whose lifestyle most closely reflects *Grass Roots* self-sufficiency.
- **Innovation** – a person who has invented or produced something which aids or advances a self-sufficient lifestyle.
- **Good Samaritan** – a person who you know goes out of their way to help others in a variety of ways. The Feedback pages contain many examples.
- **Community Service** – a person active in the community in the promotion of self-sufficiency and environmental care.

The prize for each category is a Going Solar gift voucher to the value of \$200. Nominations will be published in each issue of *Grass Roots*. Voting details will be provided later in the year and the awards will be announced in the Dec '96 - Jan '97 issue.

Nomination Form

(cut or copy)

Conditions

Nominees must be persons you have read about in, or contacted through, *Grass Roots* magazine. You may nominate one person per category, per issue, but it is not necessary to nominate a person in each category. Employees of Night Owl Publishers, and their families, are not eligible. Include your own name, address and phone number and that of any person(s) you are nominating.

I (name address & ph).....

wish to nominate the following person(s) for the Annual *Grass Roots* Awards.

Include name and all known contact details, and a brief reason for each of your nominees.

Lifestyle.....

Good Samaritan.....

Innovation.....

Community Service.....

Send to: 'GR Awards', PO Box 242, EUROA 3666.

SMOKE - O

by Pat Foster, Walgett, NSW.

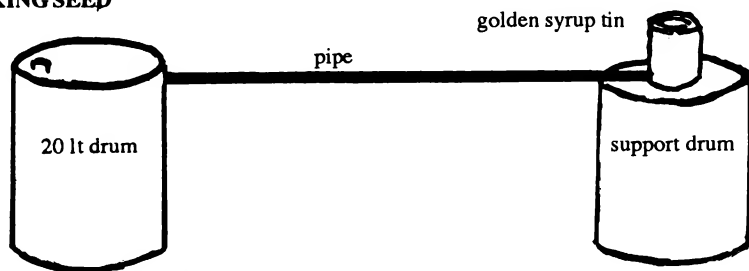
I had tried to germinate seed from the supplejack tree (a fodder tree, that grows on the red stony ridges of the Western Division), two or three times without success. Then I read an article in *Australian Horticulture* (14/10/94) that advocated smoking the seed of Australian natives to improve the rate of germination. I set up a very simple version of the one described.

A twenty-litre oil drum with the bottom cut out, and a hole in the side at the top to take a metre length of 13 mm polypipe which led to a similar hole in the side at the bottom end of a golden

syrup tin. In the golden syrup tin a piece of insect gauze supported the seed a couple of centimetres from the base. I left the lid loosely sitting on top of the tin. I then made a smoky fire with coolabah leaves and placed the twenty-litre drum over it. The smoke found its way through the polypipe and escaped around the lid of the golden syrup tin.

I let the seeds smoke for two or three hours, then planted them just under the surface in sand. In a couple of weeks most of them had germinated. This method can be used to help speedily germinate many difficult to grow native species.

SMOKING SEED



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MAKE MONEY FROM WRITING

by Graham Whittaker, Kempsey, NSW.

Every word in this magazine was written by someone. Every advertisement, every drawing and photograph was created by someone. A friend of mine, a poet, claims that anyone who can't sell their poetry in the USA right now, simply can't afford a stamp! So I did some research with the idea of passing it on to you. If you know what to do, you can make money from writing.

'Listen!', my friend said. 'In the United States alone there are over 60,000 publishers. More than two billion books are produced each year. No one even counts the hundreds of millions of newspapers, magazines, trade papers, newsletters, pamphlets, comics. Then there's TV and radio.' Then there is Britain, Canada, Australia, New Zealand. India has the largest movie industry in the world. The scope for writers is bigger than it has ever been, and still growing.

There are greeting cards to write, council reports, company reports, proposals, advertising copy. Even letters to the editor can sometimes bring in a little cash. It is a hungry industry, and in the next few years with worldwide satellite TV there will be thousands of stations transmitting millions of stories every day.

Someone has to make the words and pictures for this veritable explosion of information, news, and entertainment. Whether it be staff writers, or freelancers, whether it be commissioned or offered 'on spec' someone has to do the writing. Why not you? It isn't hard. You don't have to be brilliant. If something comes back with a 'sorry' note attached, it might not be because it was bad. Just not targeted properly. Or it might need a little 'cleaning up'. Give it a polish, and send it on its way to someone else. Most things eventually find a home.

Every second Thursday I post an armful of letters, articles, stories, poems, jokes, slogans. Little messages to people. Discoveries, opinions, dreams. Over the years, millions of words, all upright little soldiers in someone's army.

A lot of magazines don't pay much. Some don't pay at all, except perhaps for a complimentary copy. Don't ignore them. You are publishing, and if you are in print, your writing can be sold, and resold again.

I once made \$500 from an article that had been published in a magazine called *Tail Wagger*, a little magazine for dog lovers. My complimentary copy arrived, and some three months later an international magazine bought the story! Years ago, I wrote an article for *SHE* magazine in Britain called 'Why I am a Hippy'. Two international magazines bought it, including what was then known in Australia as *Pix/People*. Don't get despondent with rejections. When Margaret Mitchell wrote *Gone With The Wind*, her rejections went into double figures!

In front of me on my desk I have a copy of *Writers' and Artists' Yearbook*, now into its eighty-seventh year of publishing. In its 626 pages it gives just about everything you need to know to help you to write and sell your work. It shows you how to write for newspapers, magazines, how to write articles. How to write and illustrate children's books, poetry. There is a classified list of services offered, lists of publishers in Britain and Europe. You get thousands of markets for your work, including picture research, photography, music, literary agents, plays and scripts for TV and film. It gives you information on finance, laws and regulations, publishing practices, preparation of materials; resources, societies, prizes.

Get hold of a copy of *Writers Digest*. It will show you how to write query letters that work. Gives you ideas, tells you how and what to write. Hundreds of competitions for short stories and poetry, and the prizes are not too small either! Perhaps you'd like to try your hand at creative writing. *STET, The Australian Writing and Writers Magazine* is a superb publication. If you can back up your articles with photographs, or even sketches, editors can be swayed in your favour.

There is only one way to true success in writing though. That is to write. Do it until it becomes a habit. Do it every day, and write everything. A bit of poetry, articles, maybe even have a novel going on the side. Then get the stuff out there into the market. At any one time I have between ten and twenty pieces whirling their way around the globe. Some come back to be sent out again immediately. Others come back to languish for a while



with nothing to do. Every now and then I eat from the proceeds of a small cheque. Keep a little file of your successes and use it to develop new ideas. Don't throw away your bad writing. You might find a sentence or a phrase in there that you can use.

Perhaps, if you would like, I can follow up this little piece with a few tips at a later date. Good luck.

Recommended Reading

Writing Professionally, Gary Disher, 1989, Allen & Unwin, 8 Napier St, North Sydney 2060.

Dear Writer, Carmel Bird, 1988, McPhee Gribble/Penguin Books.

Becoming a Writer, Dorothea Brande, 1983, MacMillan, London.

Marketing Guides

Australian Writers' Market, Australian News syndicate, 1988.

Margaret Gee's Media Guide, information Australia (3 times a year).

Writers' and Artists' Yearbook, A C Black, London (Annually).

Writers' Market, Writers Digest Books, Cincinnati (Annually).

Writers' and Photographers' Guide, Australian Writers Professional Service (every 2 years).

Writers' & Artists' Magazines

STET, Australian Writers & Writing

Writers' Digest, 1507 Dana Ave, Cincinnati, Ohio 45207.

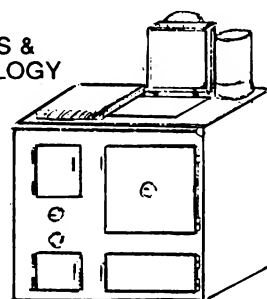
I will send list of over 200 sources for writers: \$3.00 + SAE to Graham Whittaker, PO Box 529, KEMPSEY 2440.

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ROUND THE MARKET PLACE

We hope you enjoy this feature introducing new products relevant to readers' lifestyles and interests.

COONARA GAS

Coonara, well known for their range of wood burning heaters, recently launched a gas log heater, which has an energy efficiency rating of six stars. Traditionally, gas log heaters were decorative but unable to generate much actual heat. The Coonara Gas provides the best possible combination of maximum heat output and lower operating costs, through the use of a coiled heat exchanger which delivers savings on the gas bill while generating real heat. The Coonara Gas can be operated on natural gas, LPG and TLP and can be installed into an existing fireplace or positioned halfway through a wall or flush to the wall with an outside cover.

For details, contact local Coonara distributors or Coonara International Pty Ltd, 31 Cornhill St, FERNTREE GULLY 3156. Ph: 03-9758-7588, fax: 03-9752-2078.

HARMONIOUS MUSIC

Leslie Kidd and her son Mike, musicians, farmers and *Grass Roots* readers have created two albums called *Seeds* and *Gumnuts*. They write and play their own music and lyrics, do the art and photography for the covers, then sell their totally homegrown products at markets. Leslie says it's a bit like growing vegies. 'Nurture and harvest them, then sell the best at the market for income to do the same again the following season.'

Leslie and Mike have been inspired by the way people have related to their music. They feel it is a way of communicating messages of relevance to our environment without being aggressive or abrasive.

Further details: Cammophile Acoustic Music, C/- Post Office APOLLO BAY 3233. Ph: 052-376-825.

NONPOROUS TERRACOTTA

Shower Plug is more commonly used to fix leaking shower recesses, but gardeners have discovered an alternative use for it – waterproofing terracotta pots. Applying Shower Plug to the inside walls of terracotta pots reduces the water loss that causes stress to plants during hot weather, while the outside of the pot retains an earthy weathered look.

Shower Plug is nontoxic, will not leech into the soil and 220 ml, enough to treat 8-10 medium sized pots, costs \$40.

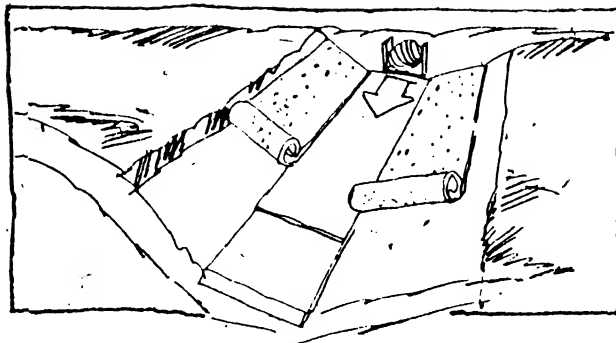
Shower Plug is available from hardware stores. For stockist details, contact: CPC Retail, Ph: 02-9904-1438.

PORTABLE APPLIANCE POWER

Appliances which run on 240 volt power are now available to be run from a car or boat battery with the compact Powerpak 200 inverter. By plugging it into a car's cigarette lighter socket, small to medium sized power tools, laptop computers, cellular phone chargers, lighting and televisions can be used anywhere.

The powerpak 200 has a continuous output of 140 watts @ 240V AC, an intermittent power rating of 200 watts and a surge capacity of 400 watts. It features an overload circuit breaker and a low battery warning and shutdown device. It measures just 155 x 49 x 73 mm, weighs 610 g and retails for less than \$200.

Enquiries to: Yager Electronics P/L, PO Box Q43, SYDNEY 2000. Ph/fax: 02-9979-9672.



WOOL INSULATION

These days no one has to be convinced about the need to insulate buildings for energy savings and comfort. One alternative is wool insulation. Being a natural active fibre wool has a great ability to absorb and desorb moisture, giving thermal and acoustic advantages. It is also naturally fire resistant, and can be installed simply without the need for protective clothing.

Higgins wool ceiling and wall batts and roofing blankets are available in various weights and R values and are produced in Queensland. Higgins also make a range of carpet underlays, mulch and erosion control products and removalist packing blankets.

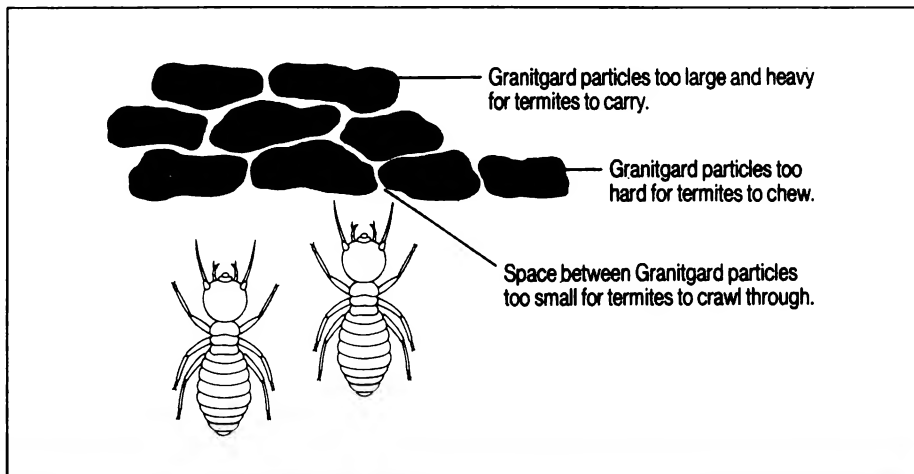
Details from: Higgins Wool Company (Aust). Higgins Textiles, 469 Greenwattle St, TOOWOOMBA 4350. Ph: 076-332-600, fax: 076-332-429.

NONTOXIC TERMITE BARRIER

With the banning of toxic chemical termite treatment for housing, other alternatives are required. One physical barrier method is Granitgard, a nontoxic natural stone product that is applied under and around new building foundations once site preparation and plumbing is complete.

Granitgard is spread, levelled and compacted in a manner very similar to packing sand, and in fact can replace some of the fill materials for slab on ground, in fill and waffle pod designs. One initial treatment provides long-life termite protection. The particles are too large and heavy for termites to carry, too hard for them to chew and the spaces between particles are too small for termites to crawl through.

Enquiries to: Granitgard, Level 2/332 Albert St, EAST MELBOURNE 3002. Ph: 03-9417-5455, fax: 03-9417-6008.



THE CARAVAN WALKER

by Vance Avenell, Bundaberg, Qld.

Perhaps God, or the Bureau of Statistics may have a vague idea of the numbers of caravans there are scattered about the breadth of this great nation. Thousands, if not a million or so of these will be unregistered, tucked away, unused for 50 weeks of the year, or in back of the house as a 'visitors' van' when the unexpected relation drops in. Many are set up on working sites, others are out in the bush, on properties varying in size from enormous cattle runs, measured in hundreds of square kilometres, to thousands of tiny blockies' holdings.

Almost every day of the year large numbers of them will need to be manoeuvred into a tucked-away, inaccessible position where a large towing vehicle cannot be manipulated without wiping out sheds, shrubs, mudguards and sundry difficult and expensive to repair items. Such was my quandary recently, on a typical quarter-acre housing site, with house, outbuildings, gardens and heaps of Mother's precious and beloved trees. I had two vans – to exchange places – and a trifle more than cigarette paper clearance to be swinging them about in.

MATERIALS

Digging madly into the scrap metal heap, where all the stray and lonely bits of steel that are magnetised into my hands seem to reside, I brought out an approximately 600 millimetre hunk of 50 x 50 millimetre box tubing (very old and bat-



Manoeuvring a van in and out of confined areas does not need iron man strength with this homemade caravan walker.

tered) and two similar quality pieces of plate metal near enough to 150 millimetres square.

CONSTRUCTION

Whipping the jockey wheel post off the van, I removed the wheel's axle pin and placed the wheel aside till later, then in centre line with the shaft, I drilled a 10 millimetre hole in both sides of the wheel bracket, around 30-40 millimetres down from its junction with the shaft.

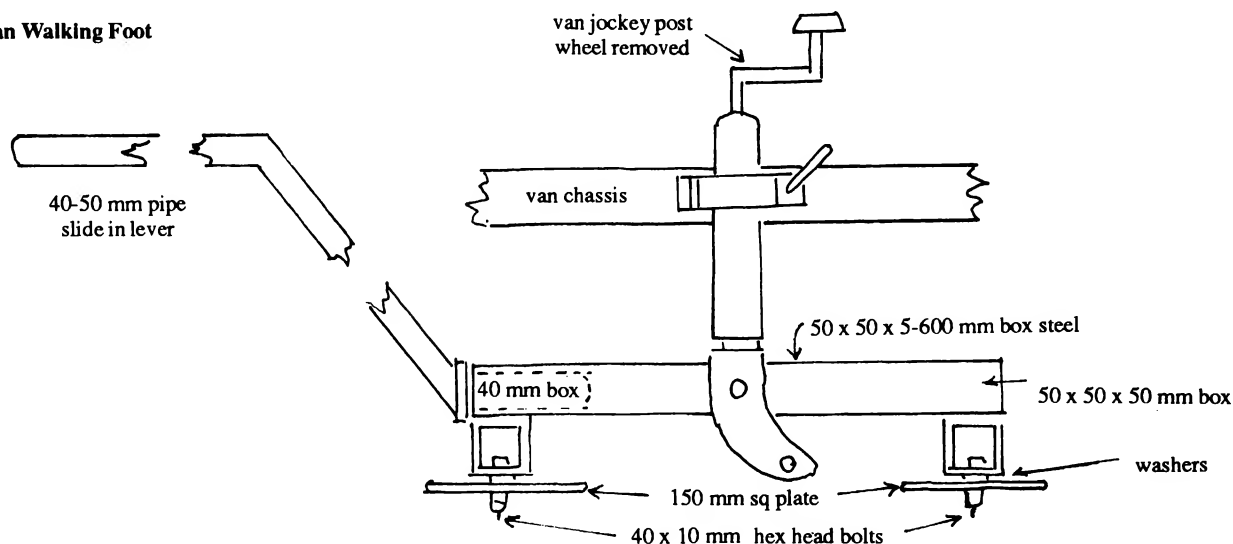
Three more holes in the box steel, one each end, just 25 millimetres short of each end and on an opposing axis, yet

another straight through the box section's centre. Follow that with one hole dead centre in each 150 millimetre plate. Cut a 50 millimetre bit off each end of the box piece.

Then the welder (owned, begged, or borrowed, with or without operator) comes into play. Weld the 50 x 50 x 50 millimetre pieces to the sides of the 600 x 50 millimetre box at the ends of the larger bit, as per sketch. Keep the holes in the larger piece horizontal and those in the attached pieces vertical and away from the main steel.

Slip a couple of hex head, full-thread-

Caravan Walking Foot



ed, 40 x 10 millimetre bolts down through the bracket formed, on through the plate holes, being sure to put several washers between first. Run two nuts on each bolt, to serve as locking nuts, leaving the plate free to rotate freely.

Fix the longer box section onto the jockey wheel shaft with an 80 x 10 millimetre hex head bolt into the centre hole.

As simply as that you have a caravan walking foot.

You'll need some sort of lever, such as a length of old piping about 40 or 50 millimetres in diameter and about as tall as yourself, plus 150 - 200 millimetres of about 40 mm cube box tube that will just slide into the larger box metal you've been working with. Weld this to the end of the pipe lever length, at approximately a 45 degree angle. You can give a part-way cut through the lever up a bit and put a second bend in it if that seems desirable to you, but it's not essential.

None of these dimensions are critical, just do not overdo it, either longer or shorter, using whatever can be found near at hand.

OPERATION

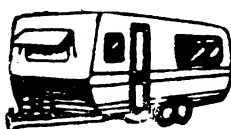
Reclip your remodelled, jockey wheel shaft to the van, remove all blocks,

chocks etc, make sure your hand brake is released and you are ready to travel into awkward spots by numerous 150 millimetre steps, pivoting the van in circles if that is your heart's desire.

Push down hard on the lever, thus raising the further foot, move in the direction you wish the van to go, lower the foot back onto the ground, then lift on the lever bar, at the same time pulling back in the opposite movement to before.

The walker's feet will step along alternately in around 300 millimetre paces, moving the van along near half that distance each stepping movement. Now, a tandem wheel van does present a small turn difficulty if you do not have sufficient forward movement to the van, then the tyres must drag sideways to execute a turn movement.

A normal two-wheeler will pivot like a windvane on command, a rock or wooden chock of some type, behind the back of the wheel on the inside of the turning circle move, will prevent any tendency to backing, especially on a small slope.



APPLE PEEL DRINK

When using apples in a recipe you can use the peelings to make a drink. Cover them with water in a saucepan and boil for about half an hour, then strain off the liquid.

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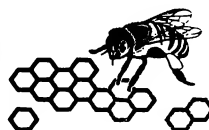
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ENGINEERING

CAR MAINTENANCE: TROUBLESHOOTING

by Arthur Frith, Taree, NSW.

The whole basis of being able to identify a problem with a motor vehicle is to analyse the symptoms with the senses that we have been gifted with. Below is a chart that may make you aware of these senses.

IDENTIFYING SYMPTOMS

Sense	Action	Observation
sight	look	smoke, steam, leaking
feel	touch	hard, soft, hot, cold, vibration, shudder
hear	listen	knock, tapping, hiss, squeal, grind, squeak
smell	breathe	burning, oil, steam

There is one other sense that we can use but is strongly not recommended when analysing and that is taste.

Let's look at the situation: You are driving your vehicle and suddenly there is a bad vibration that feels like it is coming through the whole car. You look at the speedometer to see what speed you are travelling. You take your foot off the accelerator to slow down, the vibration is still there and there is a thumping noise as well. As the car is reducing speed so is the noise reducing frequency. The car stops and the noise stops. You turn off the engine and then what? First sit and analyse the symptoms, before you even get out of the car. (1) sense – feel, (2) action – touch (through sitting) (3) observation – vibrating, thumping noise, frequency changes with the speed of the car.

In analysing the observations you have found that, because the noise is not present when the car has stopped and the engine is still running, the noise is not in the engine. However, because the noise is changing frequency with the speed of the car, then it must be coming from something that is revolving as the car is moving.

The components that revolve as the car is moving are tailshaft, axle, wheel bearing, axle bearing, tyres, universal joints, constant velocity joint. Inspection of these components usually will locate the problem.

Let's look at another problem. The heater is not working. First you need to bring the vehicle to operating temperature, the quickest way of doing this is to

drive the car for about five kilometres. Turn the heater to the hot position and switch on the heater fan. You discover by (1) sense – feel (2) action – touch, placing your hand on the air vent, (3) observation – that there is cold air coming through the vent. Another symptom that relates to the heating system and must be taken into consideration is the temperature gauge (if fitted). (1) sense – sight (2) action – look (3) observation – temperature gauge is reading normal.

You stop the car, turn off the engine and open the bonnet. Placing your hand on the heater hoses you may find that one hose is cold and the other hose is warm, compared to the radiator hoses. Possible causes of these symptoms are: heater tap not open, blockage in the heater hose, blockage in the heater core.

FAMILIARITY

Being familiar with the car that you are driving is important, especially when a warning light comes on or new noise occurs whilst driving. Understanding the dashboard symbols, gauges and lights will make your task of identifying a problem that is related to one of these components much easier and quicker. To know what these symbols, gauges and lights are for, refer to your vehicle owner's handbook that is usually in the glovebox, when you buy the vehicle.

Let's look at some of these components that are found on the dashboard.

Alternator light

This light is also known as the generator light, charge light or may be displayed

as a battery meter, volt meter, a combination of a gauge and a warning light, or even an ampere meter (as fitted to early model vehicles). Most manufacturers have used the colour red for this warning light.

When the ignition switch is turned to the on position the alternator light should come on, after the engine is started the light should go out, if the alternator is working correctly. If, when the ignition switch is turned on the light does not come on, then that may be an indication of a problem with the alternator circuit (including the warning light globe).

Where a gauge is fitted in place of a light, the gauge shall read a negative or low value when the ignition is turned on, and after the engine is started the reading should be positive and with a high value (usually above battery voltage).

Brake Warning Light

This light has been fitted as a safety warning device. When this light comes on there is a fault in the braking system. Whether it is low on brake fluid level in the reservoir or air in the hydraulic system, immediate inspection must be acted on.

Scanning the dash at a regular time interval whilst driving will ensure early detection of any warning signal.

PROBLEMS & CAUSES

Another area of being able to troubleshoot easily is to refer to 'troubleshooting' charts found in workshop manuals. On the next page is a troubleshooting chart showing problems and possible causes (including the causes that I have found from my own experiences).

The basis of maintaining and repairing your car is to read the manufacturer's information, understand the context and be able to detect faults early enough to have the problem rectified thus reducing the high costs associated with motor vehicle repair. Not everyone is capable of repairing a motor vehicle but this series of car maintenance article may have helped you to take more notice of what your car is telling you.

HANDY TROUBLESHOOTING CHART

Part	Symptom	Possible Causes
Engine	rough idling, missing, stalling	vacuum leak, timing incorrect, choke on, tappets incorrect clearance, burnt valves, worn or broken piston rings, head gasket blown, worn valve guides, worn valve seats, sticking valves, hole in piston.
	boiling	water pump, water hose blown, thermostat, head gasket blown, cracked head, blocked radiator, cooling fins on radiator missing, insufficient water in radiator, faulty radiator cap, incorrect radiator cap, contaminated water in cooling system, fan not working, faulty thermal temperature switch, fan belt loose or broken.
Fuel System	starving	fuel pump faulty, air cleaner blocked, fuel filter blocked or incorrect, insufficient fuel, needle and seat jammed, hole in fuel pick up tube, blown fuse, broken wire, blocked fuel line, incorrect fuel gauge.
Charging System	light on	fan belt broken or loose, blown fuse, alternator faulty, dirty battery terminals, loose wire on alternator, regulator faulty.
	light not on	alternator faulty, regulator faulty, blown globe, blown fuse, fan belt broken, mounting bolts on alternator missing, battery not accepting charge.
Brake System	brake fade	brake fluid contaminated, hand brake left on, incorrect pedal free play, riding the brake, foot resting on brake pedal, incorrect brake adjustment, pedal not returning fully after applying the foot brake, brake booster faulty, vacuum hose faulty.
	pedal creeping	contaminated brake fluid, faulty master cylinder, fluid leak in lines, fluid leak in wheel cylinders.
	pedal shudder	loose calipers, loose backing plates, loose wheel cylinders, shoe or pad lining loose, buckled brake drum, warped disc, out of round brake drum, loose chassis mounting bolts, worn spring shackle mountings.
	brake grab	leaking wheel cylinder, worn linings, oil on linings, cracked disc or drum, blocked brake hose, incorrect brake adjustment, worn axle bearing, faulty brake booster.
	spongy pedal	air in hydraulic system, rubbers in master cylinder or wheel cylinder perished, contaminated brake fluid.
Clutch	shudder	oil on clutch plate, loose shackle bolts, worn spline, loose clutch plate lining, worn spigot bearing, worn front gearbox bearing, bolts loose on gearbox housing, engine or gearbox mountings loose or broken, universal joints worn, tailshaft bolts loose.
	loose pedal	incorrect free play adjustment, no hydraulic fluid, hole in hydraulic line, incorrect master cylinder or slave cylinder fitted, incorrect thrust bearing fitted, incorrect pressure plate fitted, bent clutch fork, incorrect clutch fork fitted, clutch plate disintegrated, gearbox bolts loose.
	gears crunch (in 1st and reverse)	air in clutch hydraulic line, too much free play adjustment, too much mat on floor, driver's seat too far back, pressure plate collapsed, clutch lining disintegrated, engine idle speed too fast, no oil in gearbox, thrust bearing collapsed.



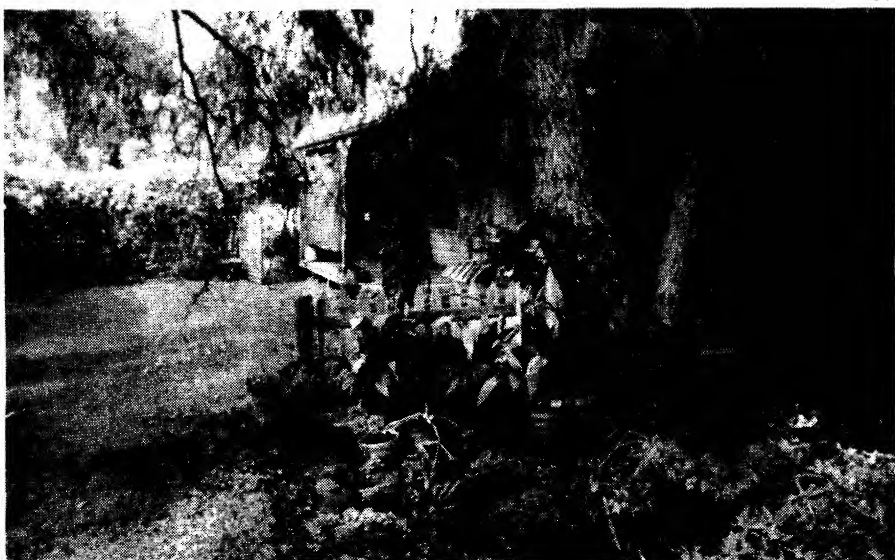
DOWN HOME ON THE FARM by Megg Miller.

Around here you don't need to refer to the calendar for confirmation of the arrival of autumn. Long before annuals die off in the garden or the colouration of leaves announce the end of summer more subtle signs appear. Like the large mouse I surprised in the kitchen this week. The timing of the discovery of the first rodent indoors is usually an indication whether it will be an early or late autumn. The appearance of my fat fellow at the end of February forecasts an early autumn, not that he will see any of it if I have my way.

The presence of dew some hours after sunrise also indicates the seasons are changing and that the ambient temperature has dropped. Morning rides on the farm bike result in a wet bum unless I take the time to wipe the seat or remember to cover it the night before. And suddenly, after months of long evenings in which to fit the outside chores I'm having to rush to get them done. The reduction in daylight hours is gradual, the birds seeking their bedtime roost a little earlier each day.

But none of these are the harbinger I most associate with autumn. Rather, smoke in the air from burning off awakens childhood memories and also reminds me sweltering heat and fire restrictions are behind us for another year and it is time to start preparing for winter. As a child my family made many trips out to local creek fronts to collect fallen timber for our open fire, the highlight of the afternoon usually being a camp fire and billy tea. The smell of burning eucalypt leaves, of dried bark and twigs evokes pleasant memories as does the smoke of deciduous leaves wafting up from backyard fires. Recollections of day trips during the Easter holidays to Bright or the Dandenongs come to mind; visits to pretty towns where the frantic raking and burning by fastidious gardeners cloaked the area in a grey haze.

Around here the autumn smoke results from the questionable practice of burning stubble, a smell I savour provided it isn't close by. With education and awareness the habit of burning unwanted vegetation is being replaced by more sustainable methods, which is just as well because the former alternatives were both wasteful and polluting. I don't



The garden is showing the benefits of recent strenuous weeding, even if it was carried out in frustration over poultry deaths.

advocate a return to the burning of fallen leaves from European tree stocks nor the conflagration of waste stubble, but I'll always love the smells associated with them and the memories they bring forth.

Although summer may be at an end it hasn't been an unduly harsh one. Several cloudbursts have brought respite and topped up receding tank levels. And rain recently refreshed the shrubs and trees and camouflaged the masses of feathers that have lain strewn around the chook yards. Sensing the eminence of cooler weather the poultry have been shedding their old plumage so they will be well covered for the cold ahead. This means only a few of the old hens are laying, diehards who moult late and so lay many more eggs over the year than their newly feathered, lazy sisters. To even out the drop in egg production that moulting causes I always try to have a couple of spring hatched pullets in the sheds. These usually commence lay around April and provide much sought winter eggs. My little ladies are excelling themselves this year because already half a dozen little eggs are collected each day and by the time they would normally be commencing lay their offerings will have reached standard size. It's immensely satisfying seeing the funny shaped little eggs amongst the day's collection, the sort of achievement enjoyed when harvesting a healthy fruit or vegetable crop.

Broody hens still emerge from secret

nests, just one or two by now with clutches no more than half a dozen in number. Amongst the recent hatchings was a very sad incident. A Malay pullet had laid a nest of eggs in a most inaccessible spot, at the base of a wide-trunked peppercorn that virtually embraced a weld-mesh fence. The pullet had been relatively safe from fox attack, and with her variegated brown plumage blended in with the tree trunk and earth floor so well she was difficult to distinguish. I was pleased to see her nest alive with the movement of newly hatched chicks and counted about a dozen little heads. When I sought them out the following morning the little pullet was dead on her nest with a lifeless chick nearby. I located another couple, also dead, but the rest just disappeared. It is a mystery as to what may have caused the mother's death as her body was unmarked and in good condition.

Ironically, I had been absent the previous day and evening and there seems an unwritten rule in life that if something can go wrong it will be when you're not in attendance.

An afternoon in the garden is unequalled for restoring equilibrium; not surprisingly the weeds received a real beating that day. I mentioned last issue my efforts in nurturing the corn crop and doubts about the validity of effort involved. The said corn has greedily swallowed gallons of water and rewarded me with a sparse crop of small cobs. Just as it reached maturity I was strick-

me with a sparse crop of small cobs. Just as it reached maturity I was stricken with a digestive upset and had to eat sparingly for several days. This was immediately followed by a few days away and so when time and circumstances allowed me to harvest the crop much of it was over-ripe. Shopping this week I noticed large fresh cobs for sale in the supermarket at 33 cents each. I gritted my teeth and walked past them, visualising instead the follow-up crop in the garden that should be ready soon.

Sharing the story with a friend I bemoaned the futility of the exercise. 'But think of the sprays used to produce the commercial ones - yours were chemical-free,' she beamed. 'Isn't that one of the reasons you garden?' The pig is looking mighty well on her politically and environmentally sound diet.

I worried at first that the pig would dine on poultry that strayed into her yard, having heard all manner of porcine horror stories, but such concerns are unwarranted. An array of birds wander through the pen and scratch in the litter, but I doubt piggy is even aware of them. The feed bowl is a more delicate issue and she is not past pushing hens away and even greedily gobbling up the tiny morsel they had stolen. Lately piggy appears to have adopted a hen, though the truth is probably the reverse situation. The hen had wandered off from her breeding set and sought refuge under the tree corner surrounding the pig yard. She happily spends her day cleaning up minuscule food scraps missed by piggy and perches at night in branches above the yard. She's allowed to fossick next to the food bowl unharrassed and has clearly been accepted by the pig. It will be interesting to see what happens in spring when the hen returns to lay as she will probably want to make a nest in a dark corner of piggy's shed. I won't hold any hope for eggs escaping her attention, they are already a favourite snack.

When Sunshine spent a weekend at home recently she was amazed at the size and genial nature of the more recent members of the farmyard, but professed her allegiance still belonged to fluffy chickens. 'Couldn't I keep one in my pocket-sized backyard?', she begged. But has had to make do with one of those electronic birds you buy whose 'legs' go down into a pot plant and set off chirping when the plant is dry. With

weekend work and a busy social life she doesn't get home very often, but still requests favourite dishes and some little treats that were popular in childhood. As on most of her visits home, the possums played harikari on the roof and worse, kept her awake with their scratching in the wall behind her bed. She was very short next day, having endured the noise at such close quarters and wished unspeakable atrocities on this species. Apparently for weeks now raiders have been stripping the leaves and flowers off the pot plants both Suni and her flatmate carefully nurture, and she was unimpressed to learn that possums were most likely to blame. I think it will be a while before she comes home again and I wonder if I shouldn't send her a copy of the possum articles on pages 55 and 56 before they go to print.

The possums here - at least one or two gymnastic felons - have almost been responsible for making me a social pariah. They have forced an entry into the ceiling above the bathroom and romp around dislodging dust and, dare I say it, possum doings. Through age and the effects of steam from the shower, the old tongue and groove lining boards have shrunk apart in places, and let dust and doings escape onto whatever is below. You do become stoical about all sorts of things when you live in the country, but I object to finding 'novelties' in the bath or handbasin. An easy-going friend dropped by recently on his way to a rural town where he was involved in an environmental case. Accompanying him was a pleasant, well dressed woman, also participating in the court case in some capacity. We chatted in the kitchen until it was time for them to depart, when the woman asked for the toilet. As Arnold and I walked out the back door I had a premonition the handbasin might be socially unacceptable, but short of barring entry there was nothing I could do but gracefully let her go in to rinse her hands. Later I checked and my worst suspicions were confirmed. When Arnold called this week he mentioned his acquaintance. 'I'm so embarrassed,' I blurted out, 'I could nearly die'. Arnold looked confused. 'She was totally freaked out by all the spiders she saw, really stressed about them.' Spiders? I've never noticed any, and I think she in turn didn't detect the state of the handbasin in her shock over observing a few webs.

PENPALS

Hello, my name is Rachael Heathcote. I am seven years old and am turning eight in July. I like collecting stamps and like the beach because I like collecting shells. I would like a penpal.

**Rachael Heathcote,
C/- PO Box 242, EUROA 3666.**

Hi, my name is Michael and I'm 32 years old. My hobbies are reading *Grass Roots*, playing cricket and darts and watching the X Files. I would like to correspond with males/females aged 25 years upwards living in Australia or overseas.

**Michael, PO Box 2783,
MT GAMBIER 5290.**

Hi, My name is Elizabeth (aged 15) and I am looking for penfriends. My interests are animals, animal rights, nature, self-sufficiency, the environment, recycling and reading. I would like a penfriend with the same interests, any age (though preferably close to mine), any sex, from anywhere in Australia. I hope to hear from you soon.

**Elizabeth Schrammey,
C/- PO Box 242, EUROA 3666.**

Hi, my name is Anne, I'm 10 years old. I like reading, writing letters, music, sport and animals. I have lots of pets and I live in NSW. I'd like girl penpals around my age.

**Anne Rawson,
C/- PO Box 242, EUROA 3666.**



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CRYPTIC GRASSWORD

Continued from page 46.



Recent Releases

On this page we present information about newly published books that we feel will interest readers, with details of prices and publishers. We no longer distribute books for other publishers so if you're interested in buying any of the books described here, please order them through your nearest bookstore.

★ FEATURE TITLE ★

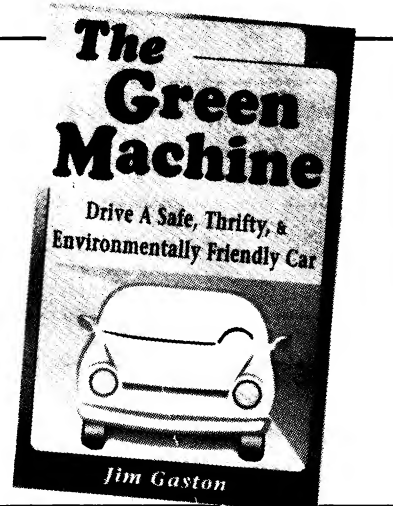
THE GREEN MACHINE. DRIVE A SAFE, THRIFTY AND ENVIRONMENTALLY FRIENDLY CAR – Jim Gaston.

The author's goal is to help people have long and happy relationships with their cars, so he has written a handbook about preventative maintenance, which aims to assist drivers to avoid the premature disposal of their cars due to mechanical fault, improper operation or damage. The book is easy to read and information can be readily accessed. Maintenance tasks are organised under headings of each week, every two months, six months, every year, two years and four years. There are safe driving tips and a glossary of useful terms. There is a chapter devoted to buying and

selling a car, do-it-yourself maintenance and how to resolve car problems with a mechanic. There are pages to record maintenance tasks in a logbook format.

As the book is published in the US, some terms and measurement of temperatures, mileage and air pressure are more suited to the American reader, but the usefulness of the guidelines outweighs this inconvenience.

P/b, 188 pp, CoNation Publications, distributed by Boobook Publications Pty Ltd, PO Box 163, Tea Gardens 2324. RRP \$22.95.



MORE OF IT'S SO NATURAL – Alan Hayes

Following on from *It's So Natural* comes more of Alan Hayes's natural lifestyle hints. Arranged alphabetically, it is a book to browse through rather than to access for reference. (Head lice is listed under 'kids', not 'Head Lice', which would make it difficult to find in a hurry.) It is a book bursting with herbal cleaning recipes, health hints and skin care tips.

P/b, 176 pp, Harper Collins. Ph: 02-9952-5000. RRP \$16.95.

FROM A LA CARTE TO ZUCCHINI. AN A TO Z OF FOOD AND COOKING – Anthony Barker.

What a valuable reference book! If you've ever encountered unknown words in a recipe and not been able to find a detailed explanation, this book is for you. Arranged in easy alphabetical order, it holds a wealth of fascinating information for increasing your knowledge or for referring to when you need help. It is also Australian so has a wealth of local, as well as international, information.

P/b, 264 pp, Allen & Unwin. Ph: 02-9901-4088. RRP \$24.95.

FROM THE GROUND UP. PROPERTY MANAGEMENT PLANNING MANUAL – edited by Peter Dixon.

In order to establish a Property Management Plan (PMP), it is necessary to identify issues and concerns of importance to the particular farm management and environment, and then to find practical solutions to those problems. This manual attempts to address common problems with a reasonable level of detail. Areas addressed include soils, wildlife, establishment and management of trees, seed collection, wetlands, soil erosion, salinity management, fire protection, pest and weed management, water supply, pasture, fencing and PMP implementation. Although targetted towards conditions in western Victoria, the planning principles could be applied to other areas.

P/b, 174 pp, Outdoor Information Centre, Dept of Conservation and Natural Resources, 240 Victoria Pde, East Melbourne 3002. Ph: 03-9412-4795. RRP \$17, including p&p.

PATCHES OF AUSTRALIA – Deborah Bearley.

First published in 1985, this new revised edition presents Australian birds, animals and flowers in a range of textile projects. Designs can be used for embroidery, patchwork, machine applique, stencilling, candlewicking or shadow applique. Each pattern is explained in detail and includes photos, diagrams and full-sized templates. There is also a national directory of Guilds and suppliers of quilting tools and fabrics.

P/b, 128 pp, Lothian Books. Ph: 03-9645-1544. RRP \$19.95.

CREATE YOUR OWN PERFUMES USING ESSENTIAL OILS – Chrissie Wildwood.

Commercial perfumes contain exotic cocktails of synthetic aroma chemicals. They are expensive, extravagantly packaged, sell by name and can cause allergic reactions. You can, however, make your own fragrances based on natural essential oils. This book gives profiles of the different aromas, recipes for skin perfumes and mood enhancing room scents and ways to match fragrance to personality and mood.

P/b, 141 pp, Piatkus Books, distributed by Hodder Headline. Ph: 02-9638-5299. RRP \$24.95.

THE NATURAL CHOICE GUIDE TO MASSAGE – Rosemary Ann Ogilvie.

This book acts as an introduction to the techniques of massage, that can be used by the amateur to improve the quality of their life or their partner's. The massage techniques outlined are suited to pregnancy, baby, sport, and include Swedish massage, Shiatsu, spiral massage, acupressure and sensual massage.

P/b, 170 pp, Hodder Headline. Ph: 02-9638-5299. RRP \$17.95.

FROM UTOPIAN DREAMING TO COMMUNAL REALITY. CO-OPERATIVE LIFESTYLES IN AUSTRALIA – edited by Bill Metcalf.

In this collection of stories, ten widely diverse people share their experiences of building and living in different communal lifestyles. Some are based on religious or political ideals, many are committed to sustainable permaculture. Bill Metcalf gives the historical perspective in the first chapter and attempts to draw some conclusions in the final chapter. The book raises issues and provides insights into community living which should give people interested in developing an alternative lifestyle, some food for thought.

P/b, 198 pp, University of New South Wales Press, Sydney 2052. Ph: 02-9398-8900. RRP \$29.95.

THEMES FOR HERB GARDENS – Kim Fletcher.

For those gardeners who would enjoy the challenge of creating a garden with extra meaning, a herbal theme is one alternative. Kim Fletcher uses her herbal knowledge to give ideas on how to create excitingly different herb gardens, including aphrodisiac, Shakespeare, witches and zodiac. She provides cultivation charts and a list of specialist retail nurseries and seed companies. There are some colour photographs.

P/b, 162 pp, Viking Books. Ph: 03-9871-2400. RRP \$29.95.

GRASSIFIEDS

HOW TO ADVERTISE

Use the form provided below, or a separate sheet of paper, to print your advertisement clearly, not in block capitals, including correct punctuation. Remember to include an address or phone number in your advertisement. Count the number of words and multiply by 60 cents per word (phone number counted as one word) to work out the total cost of your advertisement. Send your advertisement and payment to *Grass Roots*, PO Box 242, Euroa 3666, before the deadline and we'll include your advertisement in the next issue of *Grass Roots*. **Deadline for GR 115 is 30th April, 1996.**

Sender's Name For issue no/s

Address Classification

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Cost for advertisements is 60c per word.

PROPERTY FOR SALE

NEW SOUTH WALES

BEAUTIFUL HISTORIC VILLAGE of Majors Creek, 1 1/4 hrs Canberra, 1 hr Batemans Bay, Leafy 1 ac block on edge of village, partly bordered by state forest. Just completed 11 sq rendered Besser block house with solar and LP gas. Cathedral ceilings, wood heater. Also livable cabin/studio, 7m x 5m. Very attractive n th outlook. Deep rich topsoil. Would suit berry patch or sml orchard. Creek water and 50,000 lt u/ground tank. Priced for quick sale at \$89,000. Ph: owner, 048-461-013.

TWEED VALLEY: 51 ac of superb views located in prestige area, 15 mins from Coolangatta airport. Power to the block, springs, crks, lots of river stone in valleys, hardwood forest, etc. We're selling our superannuation policy for only \$195,000. Call/fax Michael or Lizzie on 066-766-007.

EDEN, 25 km west, 2 blocks approx 16 ac each, partly cleared, lovely location in valley. North-east aspect, power avail, 5 mins walk to shop/PO and school. \$35,000 ea, ONO. Towamba. Ph: 064-967-136.

NYMBOIDA, NORTH COAST, 40 ac f/hold, 37 sq Nu-Steel home, 4 b/r (3 BIR), en suite, WIR, lge modern kitchen/dining room, lge lounge room, 2 wc, down lights t/out, 8' verandah 4 sides. Two x 5000 gal tanks, perm crk, 2 natural springs, elec, ph, mail, school bus, plenty of wildlife. \$230,000 ONO. Ph: 066-494-276.

BUSH RETREAT - NAMBUCCA VALLEY, mid nth coast, 27 1/2 ac, timbered, perm crk, 45 mins to main town. \$48,000. Ph: 044-651-505.

NYMBOIDA, NORTHERN NSW, 2 dwellings on 100 ac. Main dwelling 3 b/r, 2 storey hexagon features natural woods, bushrock, verandahs & balcony, beautiful views. Second dwelling is self-cont 1 b/r cottage. Property is 80% wooded, has dam, picturesque crk, abund organic vegie patch, sheds, paddocks, school bus to gate. Wildlife is prolific. Fully estab prop within idyllic setting. Must sell. \$145,000. Ph: 066-845-206 for details & photos.

OLD COLONIAL STYLE (1910), 4 b/r home. Unpainted baltic and cedar interior, high ceilings. Recent renovations; restumping, 4 cypress rooms incl loft. Two ac, 11,000 gal r/water, 5000 gal pump from river. Pristine views of Coolangubra and Towamba Valley. Slow combust cook & HW, septic. Village surrounds, 15 mins from store, cafe, school, 45 mins from ocean. Primary & senior bus service at front gate. Extensive orchard & gardens. \$145,000. Ph: 064-967-165.

ORGANIC FARM, 60 ac, 40 mins Wingham mid-nth coast NSW, perm crk, 150 macadamia trees, 100 citrus, great soil, bounded by state forest & organic neighbours, more income potential, sml dwelling, power, ph. Site and DA approved for house. \$115,000; keen vendor! Ph: 065-539-074.

HARDEN, 120 km NW of Canberra, 40 ac with crk flats, sheds, ph, water, 5km, from town. Ideal permaculture, hobby farm. \$75,000. Ph: 063-863-419.

DORRIGO AREA, 5 ac of fenced pasture & some trees, 2 b/r + study, timber yurt, 6m x 9m workshop. Adjoins nature reserve and r/forest, nearby waterfalls. North-facing, outstanding 180° views, yurt nestled into sunny, sheltered corner. School bus at door. \$82,500 ONO. Ph: 047-877-714.

THREE ACRE ARBORETUM, far nth coast, NSW, 2 b/r, 6 y/o home, 1 1/2 km picturesque village, 1/2 hr to clean, quiet, beach, 12 km to Murwillumbah. Established gardens, sml seasonal crk (prize winner in local competition), orchards & bushtucker r/forest trees in bush setting. Verandahs, c/port, garden sheds, r/water/town water. Ph: 066-795-427.

TAMWORTH, located just 2 mins from the city centre, lge semi-hobby farm in residential area. Nice building block with only brick & tile homes newly built in the area. All services connected, incl water & the cost is \$50,000 ONO. Enjoy the country life within an already estab community. Property is No 1 Spanes Lane, Tamworth. Go look for yourself. Write to: G Walker, PO Box 51, Carlton Sth 3052, Vic. Ph: 03-9347-7039.

EUGOWRA, 3 b/r house with sml nursery business located behind tenanted craft shop. Good location. Water tank. Historic bakehouse with oven also on site. Lots of opportunity. \$60,000. Ph: 068-592-268.

RAINBOW HILL, ROSEBANK - 10 glorious ac situated in the heart of the rainbow region, excel water, open plan timber home, forest views, presently income producing. Potential ecotourism or agriculture development. Close to schools, 2 km to shop, 1 km to state forest. Centrally located between Byron Bay, Mullumbimby & Lismore. \$160,000. Ph: 066-882-290.

SPRINGDALE, NEAR TEMORA, 100 ac, 90% arable, 10% timber, 2 dams, well fenced. \$46,000. Ph: 063-322-828 after 6pm.

HOLBROOK AREA 1500 ac virgin country, Torrens title, perm springs & crks. Contact: Robert Montague, 060-362-488, 060-362-176 AH.

GRASSIFIEDS

PROPERTY FOR SALE NEW SOUTH WALES

PERMACULTURE PARADISE, 30 ac Arrawarra Beach, 30 km Coffs Harbour, 50 km Grafton/cities. Buses at door for cities & nearby schools, supermarkets (5 km Woolgoolga pop 3000). Absolute privacy yet 300m to safe beach, corner store, sandy tidal crk, 700m to nice golf course, 2 houses for 2 families, 5 beds & 2 beds, 7 years old. Big workshop, town water, tank, dam, well, elec, ph. Many possibilities: horticulture, aquaculture, horses, goats, farmstay or just retire. Temperate climate, no floods, no droughts, no cyclones, no pollution. Fantastic position. Connect with Gaia. Best offer before December '96. Ph: 066-492-681.

KANGAROO VALLEY, multiple occupancy, 3 sites avail, beautiful, accessible, close to town, from \$47,000. Ph: 044-487-602.

BOWRAVILLE, NORTHERN NSW, commercial building, heritage town in beautiful Nambucca Valley, great tourist potential, 3 shops + 2 b/r flat, 15 mins to beaches, 35 mins to Coffs Harbour. Urgent sale. \$145,000. Ph: 065-647-378.

BETWEEN BEGA AND THE SEA, 153 ac of secluded bushland only 10 mins from town and beautiful beaches. All weather access, Abundant wildlife and close to school bus route. Building approval. \$56,000. Ph: Lindsay, 044-651-548 AH.

BUCCARUMBI, 45km SW Grafton, 18 km west Nymbioda, 50 ac share in 100, borders state forest, total seclusion. All weather 2WD access, 2b/r house, open living, s/c stove, HWS, s/c heater, gas fridge and cooker, solar 12V & 240V power, ceiling fans, 2 shadeclotted verandahs. Two r/w/tanks, water pump, fenced organic vegie garden and orchard: 40 trees. Outer fencing electric, suit house cow, 4 dams, 2 levelled house/shed sites. Old cabin and sheds. \$67,000 ONO. Possible vendor finance. Ph: 085-385-056.

STUNNING TEN ACRE BLOCK on estab hamlet development, 30 km Murwillumbah. Creek, tall trees, fenced 3 sides, lovely views, council building approval. Priced to sell quick. \$43,000 ONO. Ph: 09-244-7356, or 066-793-349.

WENDOREE PARK (Mt White), 1/4 ac bush block, 30 mins Gosford and Hornsby, Hawkesbury River across the road, crown land southside and mtn behind, quiet community, power, ph to bndry, lovely river view and wildlife abundant. \$50,000. Ph: Jill, 02-9986-7622 BH.

SNOWY MOUNTAINS, 20 mins east of Cooma, 10 ac f/hold, perm creek, council rd, power/ph on block, 3/4 bush, nth facing house site, 24" r/fall. \$24,500 ONO. Ph: owner, 064-524-225 (BH), 064-533-282 (AH) - Ian.

NYMBOIDA, NORTHERN NSW, beautiful colonial b/v home (near complete), verandahs all round, 78 ha bush. Would suit artists/nature lovers, peaceful haven, mountain/valley views. Genuine reason for sale. \$158,000. Ph: 066-494-281.

**DEADLINES: GR 115 - APRIL 30TH
GR 116 - JUNE 30TH**

QLD-NSW BORDER, 4hrs Brisbane, 4 b/r house, 1/4 ac. Walk to shops, school, TAFE, club. Currently rented at \$140 week. Seasonal work avail. \$60,000. Ph: 076-762-202.

NORTHERN RIVERS, 100 ac of paradise located in the Upper Clarence district midway between Casino and Tenterfield, 7 ac cleared, balance native forest. Liveable Colorbond shed with flush toilet, hot shower, wood stove, Hot Drum and much more. Large rd frontage & backs onto a crk with perm rock pools. Ideal weekend retreat or perm home ready to move into. \$84,500 ONO. Phone owner for details: 07-3399-4209.

ATBROKEN HILL, the heritage mining city in the desert, I have a 2 b/r cottage for sale. Details will be sent to you in the mail if you write: 323 Williams Lane, Broken Hill 2880. Asking price \$27,500 ONO furnished, Broken Hill City controlled price for such a place. Other particulars are: 2 lounges, kitchen, dining room, bathroom and sep toilet and back lobby with 500 sq metres garden. Furniture incl 2 beds, settee, 2 tables, dresser, 2 chesto' draws, 2 bookcases, wardrobe, microwave & fridge. Newly fully carpeted.

KOLOONA, NORTHERN NSW, 180 ac with dwelling, dams, fences, pine, hardwoods, sandstone etc. Small income with potential to grow, bush & clearings, ph, much more. \$45,000. Ph: 03-9878-6130.

GRAFTON, NORTH COAST, 279 ac, 14 km from town, 3 b/r home. Power, ph, school bus, water tanks, dam, Orara River frontage, natural bushland, very private. \$135,000. Ph: 066-449-804.

'ONE OF THE SEVEN WONDERS of NSW with the Wog Wog River its heart.' *Sydney Morning Herald* Jan 4th '96, about the Coolangubra Forest near Eden on the Vic/NSW border. Our land is a nth facing mtn-side with long frontage to the Wog Wog River, opposite Coolangubra Forest, 220 ac of diverse property, with great granite boulders on top, to lyrebird gullies, open eucalypt forest and thick bush. Many possibilities. \$600 per acre.

Also - 120 ac with long frontage to Letts Creek, running into the Wog Wog. Good soil, thick forest. Dual access, sml crk through middle makes this one easy for friends to share. \$750 per acre. This area is very secluded, not much private land here. Plentiful wildlife, good r/fall. Close offers considered. Ring: 047-824-856.

PRETTY GULLY - TABULAM, 100 ac, genuine sale. \$36,000. Ph: John, 07-5534-6091.

HUNTER VALLEY, Merriwa Shire, 19 1/2 ac, comfortable almost completed lge home, 2 x 4500 gal cement water tanks, 4 km to village, school bus at gate, lovely views, \$89,000. Ph: 063-761-033.

HIGH COUNTRY, near Mt Kaputar Nat Pk, 200 ac, natural hidden valley with level grassland floor. Own stream with tea tree canopy. \$69,000. Ph: 067-827-263.

NORTH COAST, private 9 organic acres, mixed orchard, dam, bore, windmill, 5000 gal tank, brick/tile studio. \$95,000. Ph: 066-637-077.

ADELONG, WAGGA ONE HOUR, c1870s house on 4 ac. Immaculate, lovely village and countryside. Ideal for artist/craftsperson, or self-suff. Be part of village community. Sell \$139,000; WIWO, \$150,000. Ring 069-462-429. Cannot move May to August. Could be willing to rent back for a short time.

FAR SOUTH COAST, 95 ac nth facing, river frontage, crk bndry. Three b/r home, lge garage workshop, bungalow, out-buildings. Established f/trees, vegie garden, great views Coolangubra Nat Pk. Bargain \$125,000. Ph: 064-942-294.

ROCKY HALL, FAR SOUTH COAST, 1/2 share 60 ac, in Coolangubra Nat Pk on Towamba River, also perm crk, no access problems. Large house & nursery, good watering system, 240V solar power and generator, many extras. \$85,000. Ph: 064-942-045, or 064-957-009.

NORTHERN NSW, DORRIGO AREA, 175 ac with 2 km river frontage on the famous Nymboida River. Includes: homestead with well estab gardens, restored older cottage suitable for renting, spring-fed water supply, 20 ac fertile river flats, lge sheds & stockyards, 7 paddocks well fenced, 1600 mm annual rainfall, cool climate but less than 1 hr to beach, bordered by Moonpar State Forest which has picnic areas, scenic drives & whitewater rafting. \$350,000. Ph: 066-575-141 for photos and details.

FOURTEEN RAINFOREST ACRES, perm crystal clear crk, swimming holes. Lovely 2 b/r timber home, cathedral ceilings, timber floors, in garden setting, wide verandahs on 3 sides. Organic gardens, f/trees etc. All this and more, 1/3 42 f/hold ac. \$78,000. More details ph: 065-698-459, or 065-642-106.

BUSHFOOD PLANTATION, 12 ac commercial planting with new shed, machinery, great soil and views, 20 mins Lismore. Lifestyle + massive income. \$250,000 WIWO. Ph: 066-886-274.

RAINFOREST RETREAT, nestled in the middle of 45 ac of lush r/forest is this 95% completed 2 storey octagonal, open plan timber home. Wildlife abounds. Natural waterfall next to house. Complete privacy, 25 mins to Gold Coast beaches, 12 mins to Murwillumbah. As this is an environmentally rich area only persons with genuine interest in preserving it should apply. Forced sale \$295,000. Ph: 066-725-149 or 779-250.

BLUE MOUNTAINS, log cabin, 2 b/r, 2 studios, leadlights, combustion stoves, with over 1 ac terraced garden, good soil, mature f/trees, and undisturbed bushland. Close to r/forest, waterfalls, school, station, shops. Quiet location with uninterrupted views of adj nat pk. Grass roots living only 1 hr 20 mins from CBD. \$150,000. Ph: 047-586-819.

**Please print your ad clearly
so we can do likewise**

GRASSIFIEDS

PROPERTY FOR SALE NEW SOUTH WALES

DELEGATE, new 3 b/r house nearing completion, owner lost interest. Sell as-is \$43,000 or \$46,000 complete. Ph: 064-581-479.

OH WHAT A BARGAIN. Sheds: 58' x 46', 40' x 25', and 39' x 35', parking and access front/rear, fully fenced. Residence: comfortable lge 4-5 b/rs, garage & sep enclosed yard. Land: 3 ac fenced into 4, low rates, daily mail and school bus at door, located between major towns. Load of potential uses. Would consider exchange for f/hold business \$175,000. Ph: 052-554-979 AH.

NORTHERN NSW, 63 ac with perm crk, 4 b/r old style timber house. Workshop/shed, generous garden with f/trees. Town water. Close to Nambucca Heads, Macksville and Bowraville. Sealed rd, bus to schools \$229,000. Ph: 079-465-110.

DORRIGO AREA, Billy's Crk, 25 ac beautiful r/forest, perm crystal clear stream and springs. One b/r cabin with solar power, fuel stove & HWS, ph connected, electricity avail. Good views & access, school bus at gate. \$57,000. Ph: 065-628-644.

BETWEEN WARIALDA AND YETMAN NSW, secluded 100 ac yet only approx 35 km to town with all services. Fully fenced, 3 dams, new fresh water tank, 16' c/van with shower. Many potential homesites. Great potential for subsistence lifestyle or just as a retreat. Phone at boundary, approx 3 km to school bus. \$28,000 ONO. Ph: 02-727-3622 evenings.

TWEED HEADS SOUTH, a lge home with covered verandahs or 2 fully self-cont flats with a sep approx 21' x 28' carpeted rumpus/granny flat, many extras. \$155,000 ONO. Ph: 07-5524-9933.

NYMBOIDA, 300 acre steep bush block, good access, great views. \$45,000. Ph: 066-494-202.

NAMBUCCA VALLEY, 100 ac, 20 mins to town, crk, swimming holes, perm water, 10 hp pump, 20,000 lt storage, 1/3 cleared, 3 b/r timber home, great views, power/ph, mud brick studio. Well timbered to back boundary. Large shed, 2WD tractor. Natives/fruits/herbs. School bus, alternative & public schools, Landcare group. \$165,000 ONO. Ph: 065-647-684.

TENTERFIELD, 4 y/o mud brick home on 7 3/4 ac, 5 km from town, cathedral ceiling, red mahogany exposed beams, 3 b/r, warm country atmosphere. New fitch guest house suitable for b&b. Chook house, vegie gardens, lge sheds, yards, 2 horses, cow in calf, dog & cat. \$130,000. Ph: 067-363-094.

BROWN MOUNTAIN, Bemboka NSW, grafted native plant nursery (tubestock), 10 ac r/forest, tree fern gullies, mtn stream, panoramic vistas, 1 hr beaches, 2 hrs snow fields. School bus. Fully fitted cabin, advanced design greenhouse, shadehouse, solar power, water storage. Excellent potential for couple to be trained, owner retiring, to supply contract forward orders to native flower plantations. WIWO \$90,000 ONO. Ph: 064-930-296 AH.

PLACING AN AD? See page 68 for details

COONABARABRAN, 100 ac, 4 b/r home, 22 km from town. \$65,000 ONO. Ring 068-422-238.

NORTH COAST, 3/4 ac with cabin in Ebor village. National pks, wilderness, 50 m to trout stream, 1 hr to coast. Value at \$15,000. Ph: 066-899-372, or 066-282-144.

MILBRODALE (HUNTER), 44 acres, some growing areas, ample water (3 dams, 1 bore), good fencing, excellent sheds. Federation w/b house with 4 double bedrooms. Handy schools. Growth area. \$190,000. Possible exchange house south coast NSW. Ph: 065-745-205.

FIVE SUPERB ACRES, mid-north coast, with income. Situated 15 mins from beach resort but still in country setting. Three b/r brick home with 2 bathrooms and 2 lock-up garages, 2000 sq m hothouses presently supplying cut flower market with sales averaging \$4000 month. Room to expand into other varieties or be self-suff all year round. Hothouses fully heat controlled for winter cropping. Cool room, packing and fertiliser sheds, machinery, lge dam and town water, estab domestic orchard. Genuine sale, asking \$310,000. Ph: 02-744-2646 all hours.

NORTHERN NSW. A lifestyle a lot of city people can only dream about is to be had on this property of 2 ha (5 ac) of trees, wildlife, clean air & water and stunning views. If a country lifestyle is your dream then make the move and live it here in this 10 y/o professionally built house of stone and chamferboard, 4 b/r, lounge, 2 bathrooms/toilets, 'country style' kitchen with w/i/pantry, top of the range s/c/stove with separate gas cooktop for all year consideration for cooking and hot water needs. Other features of house would use up a whole column, so please write or ph for more details. Two hundred cabinet trees planted in the last 2 years, 10,000 gal house water, with garden water from lge dam. The house is a quality house and is not just a hippy 'lean to'. Solar electrics 24/240V on a community. \$135,000 ONO, or will seriously consider a swap between Gympie in nth Qld and Taree to the south with cash adjustment. My needs are for a smaller house on an ac or 2 within 50 km of the coast. Please ph or write: Doug Marsden, 'Lillifield', LILLIAN ROCK, via Kyogle, NSW 2474. Ph: 066-897-224.

NAMBUCCA HEADS 3/4 hr, 1200 ac. Backs onto state forest, 1/2 share in mostly native forest, 20 ac crk flats, 2 ac housesite, cabin, ph, 4000 gal r/w/tanks, dam, f/trees, crk, swimming holes. \$45,000 ONO. Ph: Monica & George, 02-9973-1580.

MULLUMBIMBY, Wilsons Creek, comfortable solid timber home on 3 ac. Four b/r and loft, verandahs, r/forest, f/trees, solar h/w, spring water to house, ph & power, undercover parking and work area, school bus. \$210,000. Ph: 066-842-596.

COONABARABRAN, 3 ac in sml village. Rich alluvial soil, gardens, estab orchard. Renovated w/b cottage, school bus. \$50,000. Ph: 068-427-874.

NORTH-WEST SLOPES: valley and surrounding hills, tree covered crks, with wedgetails soaring overhead. Beautiful farm on 1860 ac would suit grazing, horticulture, apiarists or just the nature lover. Modern 3 b/r house, ph, elec, etc. Whole property fenced, with dams, stockyards, sheds etc. Yours for \$365,000 ONO. Ph: 067-944-616.

TOMMERONG NSW, 10 mins beaches, 20 mins Nowra, plenty trees, fully fenced, lge dam, power, ph connected to 20 ft c/van with toilet, plans included for Masterton home. \$83,000. Write: 23 Leawarra Ave, BARRACK HEIGHTS 2528.

COBARGO, FAR SOUTH COAST, charming historic village, perfect hobby farm/homesite. Five ac fertile soil (ex-dairy farm), facing nth, beautiful views, walking distance shops, schools etc. Bermagui, Tilba, Bega etc, 15 mins. Electricity, town water. \$45,000. Ph: 048-836-586, Bell.

HUNTER VALLEY, CONGEWAI, 175 beautiful ac of natural timber, incl mahogany, iron bark & an abund of grass trees & wildlife. Only 1 1/2 hrs NW from Sydney, close to shops, schools & vineyards. Good 2WD access, spring-fed crk, ph, sml shed & tank, 2 dams, D/A approved with cleared house site. Idyllic setting which incl panoramic views. Suit alt lifestyle or as a bush retreat. \$155,000. Ph: 049-301-021.

ILFORD/SOFALA, 120 ac nature bushland, gentle slope, panoramic views, dam, perm crk, handy to Bathurst, Mudgee & Lithgow. \$59,900 ONO. Ph: 063-794-796.

SERAPIS BEY SANCTUARY, 750 wooded ac, Tabulam, 4 storey pyramid - beautiful home, magnif views, 2 crks, lge dam, solarelec water & heating, frost free. Very private, quiet, unpolluted, people & animal sanctuary. For the sensitive soul. Ph: 066-663-576, 066-843-004.

QUEENSLAND

GINGIN, QUEENSLAND, 25 ac, lightly timbered, dam, power, ph, school bus. Urgent sale. \$25,000 ONO. Ph: 070-976-252.

HIGH COUNTRY, FNQ, 64 ac, scattered timber, Away from houses, streets, noise, to everyday bush holidays. Fenced, 2 simple dwellings, some furniture/equip, new dbl mattress, ph, g cons. Millstream frontage, canoe, elec pump, fruit, grapes, bananas, great morning views, clean air, birds, stars! School, passenger buses. \$95,000. Ph: 085-945-924.

AGNES WATERS/1770, Gently sloping 4.5 ac; 8 mins drive to swim, surf, fish and anchorage, surrounded by nat pks and Barrier Reef. \$50,000 ONO. Ph: 070-699-664.

TARA, FORTY ACRES, dam & cypress trees, power, ph, school bus, 20 mins Tara, 30 mins Chinchilla. \$18,000. Will consider part trade or vendor finance. Ph: 07-3807-2334.

To avoid disappointment ensure
your ad meets our deadline

GRASSIFIEDS

PROPERTY FOR SALE QUEENSLAND

ISLAND HOME, central Qld. Paradise situation. \$197,000. Ph: 079-721-594. PO Box 22, BOYNE ISLAND 4680.

HIVESVILLE, SOUTH BURNETT, sound older 6 b/r home on over 1/2 ac. Electricity, ph, rural water. Two min walk to school bus, convenience store. All b/rs have built-ins, lots of storage, lge porch, 2 showers & bath, 2 WCs, gas stove, low rates. \$75,000. Ph: 071-689-913.

BEAUTIFUL NEW CHALET on 72 subdividable bush ac. The 4 b/r home is 20 sq of living + carport and wide verandahs, Childers 5 mins, Woodgate Beach 20 mins, Bundaberg/Maryborough 35 mins. \$155,000. Ph: 071-268-130.

UNDULATING COUNTRY 53 ac, perm spring, bore, crk frontage. Volcanic soil, 800 estab timber trees, 2 dams, f/trees, irrigation system, 2 pumps, tractor, slasher, lge shed, 2 b/r cottage; elec, ph. Sixty-eight km west of Ingham, primary school 3.5 km. \$100,000 ONO. Ph: 077-775-160.

TOOWOOMBA EIGHT KILOMETRES, 1/2 ac, 2 rd frontage, crk through centre, pump access. Enjoy natural peaceful setting from back decking of 2 b/r + study home. All built ins, lge linen, c/port with garden shed, 5000 gal full water tank. Located 8 km from Toowoomba PO. Rates \$460 pa. Health forces sale. \$77,000. Ph: 043-908-639.

BRISBANE, THE GAP, city convenience with easy, 15 min escape to 44.5 ac of bushland living. Views to city and Mt Nebo. Power avail but why not go solar! Five mins to schools/shopping. \$325,000. Ph: 07-3369-2071, or 07-3371-4215.

MACKAY, QLD, 2 storey, 4 b/r, 2 x toilets, showers. Large living areas, rumpus, storage rooms, 150 organic, exotic, tropical & citrus f/trees, 3 huge lock-up sheds on 6 ac, 3 fenced paddocks sep to house yard. Ten mins out of town, spectacular views, many extras - ring for details, will neg. \$350,000. Ph: 079-598-203.

BEAT THE HIGH COST OF LIVING, 10 ac with f/trees, veg garden, chooks, sheds, pot-belly stove, solar system, 20 x 30 garage. One hr to Brisbane or Toowoomba. Four b/r old colonial, fully restored. Genuine reason for selling - ill health. Consider renting out. Ph: 074-261-245.

MALENY/WITTA, sml WRC loft house, 3 b/r, 1 1/2 ac, estab trees, spring-fed dam. Reduced price, \$128,000. Ph: 074-944-124.

DARLING DOWNS, 120 ac selectively cleared, 2 dams, Fencing - bndry & 3 paddocks. Creek & wilderness area along back of property. Three b/r dwelling with slate floors. Power and ph. Chinchilla & Tara 37 km. \$65,000. Ph: 071-515-515, 071-594-950 AH.

HORTICULTURAL DEVELOPMENT BLOCK, 50 ac virgin r/forest soil, gravity-feed irrigation system (new), 8" pipe @ 35 psi from 7 mgl dam. Frost free, ideal avo, maca, most hort crops. Includes \$100,000 plant. \$220,000. Ph: 076-978-293.

DEADLINES: GR 115 - APRIL 30TH
GR 116 - JUNE 30TH

BETWEEN INNISFAIL AND CAIRNS, 2 ac with 2-3 b/r cottage, 7m x 9m shed with power, re-forestation begun (100s of r/forest trees), 15 fruit varieties (some bearing), perm crk, rich volcanic soil, 12 mth growing season, estab gardens, chemical free for 5 yrs, rain and bore water. Magnificent views from 2nd house site, school bus. Close beaches, Tablelands, swimming holes, r/forests. \$95,000. Ph: 070-676-488.

ILL HEALTH FORCES SALE - 2 tidy relocatable homes, situated Big 4, 4 star holiday village, Maroochy, Qld. Facing lovely Maroochy River. Handy fishing, boating. Free shopping bus to huge shopping complex. Site 44 - ph: 074-434-512 - 2 lge b/rs, lounge, kitch/dining, laundry/shower, toilet, full length car/boat port, own clothesline, 1530 mm wide front verandah, shed, garden. \$49,000. Site 29, (opp side street), ph: 074-432-553, 2 b/r, lounge, kitch, laundry/shower/toilet, lge front patio, 2 ceiling fans. Front & back new wide awnings, security door/windows, 1530 mm verandah back, shed, c/port, Hill's Hoist, garden. \$47,000.

A BEAUTIFUL AND HARD TO ACQUIRE property, 30 km from Yeppoon on Capricorn Coast, 2 1/2 ac. As-new 3 b/r home, c/port, shed, on sealed rd. Twelve different varieties of f/trees all bearing, vegie garden, flowers, shrubs, ferns, palm trees, in r/forest setting. Semi-perm crk through property. Birds galore. Plenty water, 2 tanks 2000 & 5000 gal, two pumps, pressure water to house. Very quiet and private, close to fishing inlets. Suit healthy retirees. \$125,000. Ph: 079-351-283.

NATURE REFUGE, Ravensbourne 80 mins Brisbane GPO. Fantastic near level r/forest, 64 species birds, 4.2 m diameter trees, declared nature refuge. Freehold homesite fantastic views, all services, Bitu Rd, 10 mins shops. Two blocks 40 & 55 ac. Ideal for ecotourism, b&b or craft centre. Priced @ \$115,000. Ph: 076-978-283.

RAVENSBORNE RETREAT, next to nature refuge, red soil, perm crk, views, plenty wildlife, all services, great climate, 40 ac, all useable land. \$95,000. Ph: 076-978-283.

ROSEDALE, 70 km nth of Bundaberg, 112 ac, 8 water holes, 2 dams. Three b/r house made from 2 rail carriages and log cabin 80% finished. Solar power fridge/freezer, 12,000 gals water. \$170,000 ONO. Ph: 071-523-445.

BUNDABERG TOWN 12 mins away, 3 b/r, all B/Is, owner-built home, 4 1/2 years old, passive solar design on nearly 5 ac virgin bush, never had chemicals on it. Potbelly stove (nice for our 2 weeks of winter!), the wood is free! Looking down on the river, my home is so secluded it's almost a secret. School bus. Please ph: 071-579-680.

LAIDLEY, 1/2 hr to Ipswich, 1 1/2 ac lake frontage, bitumen drive, many sml & lge trees, excel house site. \$35,000 ONO. Call: 07-3844-8780, leave a message.

MACKAY - QLD, 152 ac, enjoy peace & quiet, end rd and valley. Two spring-fed crks start in r/forest giving gravity feed, chemical-free perm water, capable of taking water to 80% of property, ideal for cabins. About 50% vine scrub & 50% unspoilt r/forest comprising 90% bangalow palms, r/forest timber, staghorns and orchids etc. Wildlife - you can imagine! Only about 5 ac cleared (though overgrown over last 7 years), also 7 mango trees. Power guarantee \$1000 per year. Only 25 mins to beach, boat ramp, PO and primary school. \$192,000. Ph: 065-821-941.

RIVERFRONT, concrete jetty & slipway, river & bay fishing, access to Fraser Island, 3 b/r brick home, garage attached. Large covered entertainment area, wide tiled verandahs, sheds, bush house, 2 1/2 ac delightful garden, 36 mature f/trees, vegie garden, 2 lge dams, pressure pump, 2 x 10,000 gal r/w/tanks. Peaceful bushland haven, mins from the friendly town of Howard with all amens. \$135,000, or exchange for smaller prop in Gosford area (no agents). Ph: 071-294-220.

AMMAMOOR CREEK, Gympie hinterland, 38 ac with r/forest & perm crk. High ceiling bungalow with solar power. Ideal retreat \$78,000. Ph: 07-3425-1619.

VICTORIA

HEYWOOD, SOUTH-WEST VICTORIA, 1 ac in town. Excellent soil, town water and sewerage on site. \$12,000 ONO. Ph: Iain, 066-822-621.

FOUR HUNDRED ACRES of natural bush with 2 km frontage to the Gellibrand River. Lovely vistas across valley. Could be subdivided, 190 km from Melbourne. Approved for conservation covenant. \$135,000. Ph: 052-433-740 AH, 052-441-922 BH.

STOPPRESS, HEAVEN DOES EXIST, in the Tarra Valley. Situated on fringe of Bulga & Tarra Valley Nat Pks, Sth Gippsland, this superb 35.6 ha (88 ac) property comprises improved pastures & amazing natural r/forest areas with abundant native flora & fauna. Permanent crk & Tarra River frontage supplies all water needs & is pumped from the crk by environmentally friendly hydraulic ram pump operating purely by water pressure. Discover the delightful 'covered bridge' downstream! A1 improvements: cedar & wooden shingle homestead, 60' x 27' fully enclosed shed & A-frame bluestone barn with mezzanine. Large & varied orchard. This unique property is ideally suited to an organic/self-sufficiency lifestyle and b&b venture. \$298,000. Ph: S R Curry Real Estate, 051-826-188.

MID VICTORIA, secluded township, 3 b/r, w/b house. Town water, ph & elec. Public transport if no car. With 4 ac of land, unlimited use of 10 more. Some estab f/trees, stables, machinery shed, barn etc, big dam. \$49,000. Write to: C/- 50 Kanooka Rd, WANTIRNA 3152.

**Make Your Editor Smile -
Punctuate!**

GRASSIFIEDS

PROPERTY FOR SALE VICTORIA

CENTRAL VICTORIA, income & relaxing lifestyle, yabby farm and boarding kennels with 3 b/r home on 3.7 ha on hwy frontage, 1 hr from Melbourne. Home has combust stove & gas cooking and heating, air cond, BIRs main b/r, i/ground pool, f/trees. Water supplied by excel bore & crk running through property. Five yabby ponds covered with bird netting, sales area & aquarium, hatchery, coolroom, tourist yabbing & BBQ area & worm farm. Twenty kennels with long estab clientele & repeat trade POA. Ph: 054-332-332.

EAST GIPPSLAND, 15 mins Lakes Entrance, 3 b/r timber house on 7 ac, sml crk, power, ph, made rd, old orchard - pears plums. House part renovated, comfortable, o/fire, gas heating/cooking, good tanks. \$50,000. Ph: 059-966-017.

WEDDERBURN FIVE MINUTES, Bendigo 50 mins, 60 ac, spectacular views, great climate, SEC, ph, ample dam & r/water. Two b/r home, 5 yo, open plan, timber kitchen, terracotta and carpeted floors. Nectre wood heater with hot water jacket linked to solar and SEC, 20 x 30 shed. Established garden, fruit trees, large a/ground pool, heaps potential, reluctant sale. \$92,000 ONO. Ph: 054-947-224.

SOUTH GIPPSLAND, BUFFALO, 10 ac pasture, well fenced, dam, backs onto crk, some lge shade trees, 5 mins to Buffalo, 10 mins to Fish Creek or Meenyan. \$50,000. Ph: 059-443-527 evenings.

THE DANDENONGS, an abundance of birdlife & tall gums on this 1/3 of an ac + block. Three b/r renovated cottage, polished floorboards, 2 OPPs, 2 sep living areas, new gas HWS, country kitchen, loads of character & charm. \$95,000 ONO. Ph: 03-9754-8444. Ref: 'The Cottage'.

UNIQUE 35.6 ha (88 ac) undulating & picturesque farmlet property situated on fringe of nat pk. Approximately 1/2 natural r/forest, balance sown to pasture. Spacious 5 b/r split level w' trn red cedar home has lge living area, 2 bathrooms & country style kitchen with combust stove. Storage & coolroom under home. Terraced veg garden. High energy efficiency home. Large orchard. Ample quality shedding. Property would suit self-suff lifestyle/retreat. \$295,000. S R Curry Real Estate, 251, Commercial Rd, YARRAM 3971. Ph: 051-826-188, 051-832-588 AH.

SWAN MARSH - NEAR COLAC, 2 b/r cosy cottage on 1/2 ac in quiet country settlement. Hundreds of native trees ensure total privacy. Renovated t/out, Centennial Hot Drum space and water heating, gas stove, sauna, own water source. Fruit trees, vegie garden, reliable r/fall. \$48,000. Ph: 052-363-442.

THREE BRIDGES, Upper Yarra Valley, 33 ac, 14 cleared, crks on 3 sides, 4 ac chestnuts, + waratahs, western red cedar, wide variety fruit, specimen trees. Drought-free area! Chemical-free red soil. Sixteen sq, 3 b/r, b/v home + 8 sq s/c bungalow/office, ample shedding. Melbourne 80 km. \$217,500. Contact: David Brown (agent), 059-625-198.

PLACING AN AD? See page 68 for details

CANN RIVER, 3 km from town, 3 ac, w/b, house, 3 b/r, open living, SEC, town water, ph connected. New HWS & gas stove, lge wood heater. Ample sheds & storage, school bus. Privacy assured. Established gardens, f/trees, river frontage, hwy position. \$79,000 ONO. Ph: 051-586-451, or 077-707-028.

GEMBROOK TWELVE ACRES (4.5 cleared). Peace & tranquillity, abundance of bird and animal wildlife, adj to state forest. Two b/r W/R/C home, s/f heater, fully operating solar power/generator backup. Large verandah (deck), 2 dams, lge shed 20 x 40. \$160,000. For further details ph: 059-681-237 AH & w/ends.

GRAMPIANS, POMONAL, unique bush block, 65 ac, sml area cleared. Planning permit avail. Abundant flora & fauna. \$73,000. Ph: 053-566-235.

GIPPSLAND EAST, nature lover's paradise, absolute privacy on 287 ac of undulating grey box country. Half mile river frontage, rock rapids, sandy beaches, Kentucky log cabin, solar power, ph, ample shedding, estab gardens, f/trees, native shrubs. \$178,000. Ph: 051-588-218.

DUNOLLY, 2 b/r cottage, 20 ac, stables, lge dam, fenced. No chemicals last 8 years. Two km from school, shops, hosp etc. Quiet location. \$77,000. Ph: 050-372-421.

UNIQUE IMMACULATE Australian colonial western red cedar home on 2 1/2 ac Sth Gippsland. Possible 99 yr lease on adjoining 2 1/2 ac reserve. Four double b/bs with BIRs. Full en suite, lge bathroom, 3 toilets. Imported timber kitchen with solid timber benchtops and leadlight panelling. Large family room, lounge, sep dining, all with 15 ft timber lined cathedral ceilings and heavy exposed oregon beams. Sewing room or office. All timber panelled. Brick feature f/place with wood heater. Gas heating & air conditioner. Wide verandahs all round. Six car garage attached to house with lge workshop & huge storage space. Quality inclusions t/out. Excellent fencing, paths and estab trees & shrubs. Bore water irrigation system. Forty-eight sq incl garage & verandahs. River fishing at door. Close to 90 Mile Beach & historic Port Albert, 2 1/2 hrs from Melbourne. Ideal b&b or self-employed prof person. Inspection invited. Below replacement cost at \$220,000. Ph: owners, 051-832-340.

TWO BEDROOM HOME with dbl c/port, w/b, iron roof, insulated & carpet t/out. Gas & elec heating, elec stove & elec hot water. Double block with sml orchard. \$32,000. Ph: 055-752-506.

VICTORIA, HAMILTON AREA, cottage with views, set on hill in a pretty valley. Two b/r, lge lounge and living area, bathroom, kitchen. All electric + original woodstove, o/f/place, ph. New water tank & elec pump. Three and a half ha, perm crk. Close to sml town, school, etc. \$35,000 ONO. Ph: 03-9877-3991 AII.

CASTLEMAINE, quiet, peaceful, 5 ac bush retreat. Open plan mud brick house, sep fully self-cont double storey studio/workshop/dwelling. Town water, SEC, ph, dam, privacy and country lifestyle. \$155,000. Ph: 054-722-849.

SURROUNDED BY FOREST, in picturesque Cann River Valley, East Gippsland, 188 ac, 20 ac river flats, 30 ac cleared hills, balance bush. Underground irrigation on 8 ac currently used for BD vegetables, would suit flowers or herbs. Modern 18 sq house, 3 b/r, lge verandah. Separate packing, machinery and hay sheds. Land and buildings only, for \$189,000, or on a WIWO basis with machinery (incl 2 tractors + much more). Ph: 051-587-245.

BENDOC, 5 river frontage blocks, high country village, beautiful surrounds. \$16,000. Ph: 064-581-479.

COUNTRY LIFE WITHOUT TEARS. Poowong, Sth Gippsland, split level 3 b/r house. Balcony to views, town water, garage. Two rooms on garden level for office, workshop or additional accom. Large, sheltered, organic garden; mature citrus, stone, soft fruit, vine, nuts, chook sheds. Good local amenities. \$72,000. Ph: 056-592-438 after 8pm.

OTWAYS RANGES, SE Vic, Kawarren. Drought-proof 10 ac in picturesque valley, fully fenced, dam, excel pasture and trees, stockyard, power paid, telecom avail, 15 mins Colac. \$52,000 ONO. Ph: 052-358-422.

ELMHURST, COUNTRY RETREAT, Pyrenees - bushwalking, gold seeking, alternative living or holiday home, 2 1/2 hr Melbourne. Three b/r, w/b, part renovated, septic, tank water, gas HWS & fridge, own generator, ph, 20' x 20' steel shed, herb gardens, chook pens, fenced, panoramic views, winter crk, wildlife, on 2 3/4 ac. \$57,000 ONO. Ph: 053-548-237.

THREE BEDROOM, MUD BRICK & cedar home, near completion on 5 ac. Includes house, shed, solar power + generator backup, house, orchard & sml cherry orchard (200 trees). Situated on the beautiful headwaters of the Nicholson River, this property is part of the Nicholson Ck Co-op. Price \$68,000 ONO. Ray & Helen Dale, ph: 051-562-739.

TASMANIA

FEDERATION STYLE HOME, original features in excel condition, 1/2 ac lawns and trees. On main tourist route Huon Valley. Residence or business potential. \$125,000. Ph: 002-951-701.

PELTON HYDRO SITE, 0.5 kW minimum flowpower (March), unique nth aspect, bush & pasture, good home sites, excel views \$55,000. PO Box 1554, LAUNCESTON Tasmania 7250.

MUDBRICK, STONE, TIMBER HOME, 18 km NW Launceston, 2 sml attic b/bs, lge living/kitchen etc, 12V solar power, gravity-fed ample dams, 14 ac luscious bush, nth facing, views. \$80,000. Ph: 002-315-914.

Please print your ad clearly
so we can do likewise

GRASSIFIEDS

PROPERTY FOR SALE TASMANIA

LOWER DROMEDARY, total privacy, 30 mins Hobart GPO. Forty-nine acres bush, hillside + flats, lge dam, good private road. HEC & ph to 2 storey brick & cedar home, Colorbond roof. Big kitchen, dining, lounge, laundry, bathroom, sep toilet, main b/r down, 2 b/r & study up. Includes: 'Everhot Delux 204' wood stove, 40 gal HW cylinder, optional elec coil fitted. Also sep elec cook top. House & garden well fenced. Water storage (8000 gal) and Grundfos pump. Grey water tank & submersible pump. Views Derwent River to Bowen Bridge & beyond, 150 m above sea level. Will transfer 'Mines Lease', white marl, soil conditioner, sml quarry, not in use, some work to re-open for sml business venture. Good soil, suit pasture development or market garden/orchard on flats. Offers around \$200,000. P Wilkes, PO Box 142, NEW NORFOLK, Tasmania, 7140. Ph 002-634-478.

TASMANIA - BEAUTIFUL ESK VALLEY, big log & timber open plan cabin on 40 ac with lge patio/bbq area. Hothouse, bee hives, sheds, abundant water, adj forest reserve. No chemicals ever been used. Rainforest, blackwoods, sassafrass, manferns, some cleared. Ideal for raspberries, berries, deer farming, herbs, hobby or self-suff. Surrounded by mtns and rivers, 1/2 hr to snowfields, 1 hr to surf beaches. Power & ph. \$79,000. Ph: owner, 003-771-131.

TEN UNDULATING ACRES, 2 titles lge fenced garden, 2 b/r house, r/w/tanks, well with elec pump, mains elec, 30 km from nearest town. Need more info & price, write: PO Box 958, WODONGA 3690.

SECLUDED COUNTRY COTTAGE, within city limits, surrounded by pasture, 2-3 b/r, unique garden with everything. Great aspect, views. \$86,000. Ph: 003-392-827.

BEAUTIFUL NE TASMANIA, Derby, 2-3 b/r cottage recently completely renovated. New roof guttering, plumbing, wiring, carpets, drapes, paint, HWS, barrel heater. Nothing to spend. Views, 1/2 ac surrounded by crown land, 1 min to shops, daily buses to Launceston, approx 1 hr to beach, city, snowfields. \$47,500. Ph: 003-542-224.

TUNNACK, HANDYMAN'S DREAM, 2 b/r cottage needing renovation, on approx 10 tree studded ac with own bore. Approximately 60 km from Hobart, 15 mins to Oatlands and Colebrook. Subdivision potential (stca), excel opport for someone with an eye for the future. Ideal country hideaway or retirement home. \$37,000 ONO. Ph: Paul Despot, 019-973-773, or pager 016-181-341, 002-613-996 AH.

EAGLEHAWK NECK AREA, lovely bush block of 60 ac, on historic Tasman Peninsula. Close to fine beaches and deep sea fishing. Port Arthur short drive away. Land can be subdivided. Has lge cleared area, rest is timbered. Has 490 yds main rd frontage, overlooking Eaglehawk Neck Bay. Includes lge dam. \$125,000 ONO. Please contact: L Mitchell, 8 Manly Ave, LINDISFARNE 7015, Tas. Ph: 002-437-763 AH.

**DEADLINES: GR 115 - APRIL 30TH
GR 116 - JUNE 30TH**

SANDFORD, TWENTY MINUTES HOBART, modern 3 b/r brick, 5 ac, horse lover's delight. Living room, formal lounge, woodheater, Tas oak kitchen, dining area, covered bbq, ent area, dams, sheds, close to schools, 3 beaches 5 mins away. \$159,950. Ph: 002-489-016, or 002-438-312.

EAST COAST, CORNWALL, 6 km from St Marys, 3 b/r w/b home on lge block, freshly painted. Two woodheaters, sewing room, lge modern kitchen, W/I larder, gas stove and HWS, double garage, w/shop, lge undercover area, bird aviaries, lots of f/trees, magnif views. School bus past door to primary & high schools, 20 mins to beach, 1 1/4 hr to Launceston. \$39,000. Ph: Owner, 003-722-2643.

OLD BLACKWOODS & regrowth wattle, 22.9 ac, 2 perm crks, 40 mins east of Launceston. \$45,000 ONO. Ph: 06-241-8534.

GRANVILLE HARBOUR: A furnished 3 b/r home (16 sq) with sea & mtn views. Situated on rich frost-free soil, currently growing variety fruit, vegetables, & spring bulbs. Easy access to crayfish, abalone & fish. Ten thousand gal r/w/tank, 9 x 6 m shed with bunkhouse & securely fenced block. \$75,000. Contact: Helen, ph/fax: 004-734-210.

TWO BLOCKS, 32 m x 48 m, elec, town water, ph, bitumen building & septic approval. Walking distance state school, PO, petrol st, shop, butcher, hotel, river. Beautiful country view 10 km. Two cities, shopping centres, hospital, high school, college, airport & car ferry to Melbourne. \$28,000. Ph: 004-282-046.

SOUTH AUSTRALIA

BURRA AREA, affordable share/s avail in 2 unique stone dwellings on 2 ac, church & church hall. Caretaker in residence in one, other avail for weekend or investment. Ph: 08-341-8712.

FIFTY-FOUR ACRES OF RURAL PEACE & beauty, plus unique mud brick house (slate, jarrah, redgum kitchen benches, stained glass, wide verandahs, lge loft bedroom with balcony); dam, mains & r/water, yards, sheds (one with power). Adelaide, 45 mins via freeway. \$220,000 ONO. Ph: 08-388-6704.

UNIQUE MUD BRICK COTTAGE. Walk into the charm of yesteryear. Set on 1/2 ac, 2 b/r, ample shedding, landscaped, with native shrubs. Close to schools and shops, 45 mins from Adelaide/Birdwood. \$89,000. Apply owner/builder: 08-264-6967.

WESTERN AUSTRALIA

FARMLET, 25 ac, all amenities, bush and pasture, good soil. \$46,500. Ph: 098-383-070. HOPETOUN WA.

**To avoid disappointment ensure
your ad meets our deadline**

COMMUNITIES

ARE YOU A PIONEER? We need you to help build unique desert community. Write to: 'Free Settlers', Solaria, via PMB 18, NORSEMAN 6443.

MT WARNING AREA, 9.6 ac, legal MO, nth aspect, partly timbered, partly cleared, beautiful views. \$35,000. Ph: John, 066-842-964.

KYOGLE, 1/25 share in 960 ac, 10 ac share, f/trees, spring water to all of share, gravel access & privacy. \$30,000. Ph: Tracey, 066-251-422. PO Box 492, LISMORE 2480.

MID NORTH COAST, NSW, 50 km west Taree, 1/6 share 420 ac, 5 ac homesite, dam, r/forest, crks, waterfalls, swimming holes. Good all weather rds. \$25,000. Enquiries: Ray, ph: 065-533-045.

NORTHERN NSW, Blue Springs, site 26, 2 ac being 1/36 share in secure council approved MO, 5 mins Nimbin, adj Nightcap Nat Pk. Common land 200 ac. \$22,500. Ph: 066-891-121.

NIMBIN AND LISMORE, half hour, Billen Cliffs Community, strata title 1 ha share. Trees, sml dam, level house site, extensive views, frontage to sealed rd, school buses at door, close to store, craft centre and hall. Comfortable temp dwelling, composting toilet, ample water & solar power. \$39,000 ONO. Ph: 066-337-087, if no answer: 066-766-040.

BORDER NSW & QUEENSLAND, Tweed Shire Council approved MO, company title, 10 mins Murwillumbah, 20 mins Gold Coast, ocean views, crk flats, r/forest, 20 ac. \$60,000 ONO. Ph: 02-560-8219.

MUST SELL, NORTH COAST, beautiful home, 4 ac. Has everything; organic gardens, power, ph. Secure strata development. Wonderful opportunity. Full details see GR111 properties. \$159,000 ONO. Ph: 066-337-033.

FAR NORTH COAST NSW, 1/13 share in 800 ac legal MO, bordering Bundjalung Nat Pk. Beautiful 2 b/r all timber house on 10 ac, private use. Magical forest setting. Abundant roos, wildlife, water, f/trees, lge work shed. \$98,000 ONO. Ph: 066-822-748 for details & photos.

BUSINESSES FOR SALE

REDGUM TABLE MANUFACTURING & sales, herb and craft sales, in large stone home on 1 acre in friendly town, mid-nth of SA on main tourist route to Flinders Ranges. Faces scenic park and creek. Eleven rooms, laundry, bathroom, two toilets, four fireplaces, s/c lounge heater, kitchen includes Aga stove, huge pantry. Near new septic system & roof. Extensive good quality sheds, bbq, pergola, shadehouse, lge vegie garden on sprinklers, many fruit trees, chook run. Equipment incl truck, tractor, large wood-working machinery. Free training avail. Scope for expansion. Good opportunity for couple with children. \$145,000 + SAV ONO. Ph/fax: 086-684-018.

WARWICK, 60 ac, new home, estab organic herb business - \$30,000 net income. Gerry Amena, ph: 067-673-827.

GRASSIFIEDS

BUSINESSES FOR SALE

BRIC-A-BRAC, OLD HOTEL, main hwy, old gold mining town. Owner retiring, no competition. Rent \$268 month, 2nd hand furniture, etc. Price \$70,000 WIWO, incl stock. Ph: Wedderburn, 054-962-218 AH. Terms can be arranged.

SCREEN PRINTING EQUIPMENT, priced for quick sale. Complete outfit only \$3000. Oven, lightbox, dryer, 5 colour carousel, numerous screens, inks, squeegees, coaters. Ph: Burra SA, 08-8892-2240 after 6pm for details.

IMAGINE THIS FOR A LIFESTYLE. Island Coast Orchids is a 1 ha property situated close to world heritage r/forest near Mission Beach, Nth Qld. It has been operating as a nursery for the past 6 yrs. The front section of the property consists of 3 lge shadehouses, a beautiful display house with rare & exotic palms & plants, rock waterfall & meandering stream. This display house opens up onto a lovely landscaped area overlooking a lily pond with a backdrop of natural r/forest. At the rear of the property, secluded by a strip of r/forest, is an open area of approx 1 ac ideally suited to position a home. The property does have a sml but comfy residence which could be converted into a tea house or workshop. Situated away from the nursery complex there is a fenced area suitable for a pony, a pig yard & shelter and fowl run. All well constructed & easily serviced. Every year thousands of tourists visit the Mission Beach area & many of these visit our nursery. The display house could easily be made into a butterfly or birdhouse similar to those in Port Douglas & Kuranda which are proving so popular with tourists. There are always orchids in flower which add colour to the display. The landscaped outside area would be an ideal setting to provide Devonshire teas. We are able to propagate palms & foliage plants from our own stock as our stock plants are all well established. This property has huge tourism potential. The f/hold price of this property has been reduced to \$250,000. We may also consider a lease situation. All enqs to be directed to: Denis Ludlow, PO Box 230, EL ARISH 4855 Qld, or ph: 070-685-365, or 018-777-970.

GENERAL STORE/TEA GARDEN, with coffee lounge & outside sitting area. Bank & LPG gas agency, regular dinners & live entertainment. Established 9 yrs and located in well known Billen Cliffs Community (strata title) close to Nimbin & Lismore. New, fully equipped building with cheap long-term lease. Good people, unique lifestyle and beautiful environment. Two 25% shares of our 4 person partnership are for sale, separate or together at \$18,000 ea ONO. Regular income, growth potential and part-time work. Give yourself a kick if you are seriously interested and contact Ushi or Peter for more details. Ph: 066-337-155 BH or 066-337-117 AH.

RUBBER STAMPS. Your own business, start up for under \$500. 'How to' book, with back-up. For details by return, SAE to Rubber Stamps, PO Box 51, MIRIAM VALE Qld 4677. North St, MIRIAM VALE.

PLACING AN AD?
See page 68 for details

PROPERTY WANTED

ACRES, AROUND \$100,000, within, say, 4 hr of Brisbane, with good water, home, (don't mind finishing or building), sheds, pleasant environment. Organically inclined couple, presently 'WWOOFing' in our motorhome, due Qld about May '96. We enjoy vegetables, fruits, nuts & wine. All replies answered. Please post details to: Garry Lesley, PO Box 6584, CAIRNS Qld 4870.

PLEASE HELP. Couple (self-employed), 8 yr old girl, 2 dogs, want to join active, friendly community/spiritual environment - coastal NSW. Prefer land or house, power/ph, close large town. Pay up to \$80,000. Urgent. Janice or Archie: 02-651-3861.

CAN ANYONE HELP? Do you have or know of a property for sale: small acreage or lge house block at or near water, perm crk, spring, waterfall, river or beach. A bush retreat with privacy, with or without a dwelling. Not above \$80,000. I am a private buyer. Ph: 03-9770-2968. Helga Norton, 38 Lewis St, FRANKSTON 3199.

DWELLING AND ACREAGE wanted by family, in Tasmania, on vendor finance, perm water, mtns, secluded, dwelling condition not important. All replies answered. Please write to: L Powditch, PO Box 171, NIMBIN, NSW 2480.

FOR RENT

LEASE/CARETAKE/SHARE, with chance to buy later, 100 ac of bush. New house, fences, river, power. Legal agreement. Bring own c/van. NSW/Vic border. Ph: 064-581-487 AH.

MURRUMBURRAH house & pet carer required May-Dec '96, possible long term if suitable. Nonsmoker. \$50 pw incl elec. Ph: Marilyn, 063-863-305.

MORNINGTON PENINSULA, VIC, 40 ac, 2000 tree orchard, shed, van, power, ph. Close facilities & markets. Low rent and unique oppport for industrious self-starter. Send letter & SAE. Box 50, SUNBURY 3429.

AVAILABLE FOR CARETAKE/RENT, sml open plan alternative house in quiet, secluded environment. Phone, solar power, o/fireplace, 20 km Wollombi, 1 1/2 hr from Sydney. Available from April. Ph: 049-988-445.

FOR LEASE - long term, isolated retreat in beautiful Barrington Ranges, 60 km NE Singleton. Large house, spring-fed water, ph & solar power. Privacy, abund wildlife, volcanic soil. Suit artists, grassrooters or small commune. \$150 PW ONO. Ph: 044-715-684.

RAMMEDEARTH COTTAGE, furnished, on cattle farm. Suit capable woman, n/s, n/d who likes animals, farmlife, gardening. Children OK, school bus. Inland SE Qld. Could exchange help for rent. Reply: Earth Cottage (GR 114), PO Box 242, EUROA 3666.

TO LET IN SOUTH-WEST TASMANIA, 4 b/r house at Tyenna Valley Lodge, a developing new visitor complex on 20 ac river frontage situated between 2 nat pks. Currently providing accom for 12; wholefood restaurant & gallery opening soon. Compatible family sought, perhaps artist/craftsperson, healer, landscape gardener. Private yard & access to communal organic fruit and vegie garden. Good space for children. \$100 pw. Ph: 002-882-293.

GREAT COUNTRY TOWN, Young. Furnished 1 b/r flat or professional rooms. Top position. Ph: 063-821-747.

WANTED TO RENT/CARETAKE

SUNSHINE COAST/BELLINGEN REGIONS. Registered nurse & family seek 3 b/r house within 40 mins of Nambour or Coffs Harbour. Need space for chooks & geese. From June/July 1996. Ph: 057-542-291. Write: Janet, PO Box 520, MYRTLEFORD 3737.

YOUNG RELIABLE COUPLE, looking to rent or caretake bushland on the nth coast. Have own c/van and inverter power if needed. Ph: 066-454-162 after 5 pm.

WANTED TO RENT IN PALMWOODS area, house/cottage with character in peaceful setting with room to grow vegies, for single female. Responsible n/s, with refs. Contact: M Reed, 16 Field St, STH CAULFIELD 3162. Ph: 03-9571-1292.

SHARE ACCOMMODATION in peaceful household wanted by spiritually aware, mature lady. Prefer nth NSW. 'Share', PO Box 399, TWEED HEADS 2485.

HELP! ENVIRONMENTALLY and ecologically aware responsible couple with one on the way, + an old faithful dog, need a home. Bush/r/forest retreat to rent/caretake would be ideal. Prefer nth NSW/SE Qld area. Please ring for a friendly chat: 045-791-119. Ask for Dina or Shaun.

MALE HANDYMAN with property upkeep skills would like to caretake/share. Central coast, Hunter Valley. Assist home bulding or farm maintenance. Casey (GR 114), C/- PO Box 242, EUROA 3666.

TOWNSVILLE AREA. Responsible mother, daughter, 2 cats, dog. Need cheap place to rent/caretake from June '96. Ph: 08-268-8582.

WANTED

MATURE LADY looking for housekeeping position with mature family or single person in return for self-contained accom in the Ballina/Lismore area. H Broekman, 69/15 Myuna Way, MANGERTON 2500. Ph: 042-296-950.

TWENTY-SIX YEAR OLD male, n/s, looking for work and accom in country Australia (prefer SE Qld). Anything considered. Ph: Richie, 077-851-254.

Make Your Editor Smile - Punctuate!

GRASSIFIEDS

WANTED

THREE WISHES TO COME TRUE. 1. Information and/or contact with communities and/or individuals in Vic or Tassie seriously engaged in horse-powered farming and transport. 2. Also seeking apprenticeship in all aspects of work-horse use and maintenance in return for accom. 3. And/or long-term rental/caretaking of cabin/cottage with sheds and acreage in quiet area to pursue the above interests (SEC & ph not essen). I am a 34 yo lass, strong, dedicated, keep commandments of God (not church member) and keen on Amish life and values, pioneer skills & organic self-suff. Please ph: Chrissy, 059-662-190 or write: PO Box 74, YARRA JUNCTION, Vic 3797.

AUSTRALIAN MALE, 56, n/s, very moderate drinker, reliable, not afraid of hard work, is looking for work and accom anywhere, doing almost anything. Refs avail if required. I am genuinely interested in making a perm change, and look forward to hearing from anyone interested. Please reply: David (GR 114), C/- PO Box 242, EUROA 3666.

LADY, EARLY 50s seeks compatible, genuine person to co-purchase modest cottage (or share in a community). Location neg. Reply: 'Hopeful', PO Box 399, TWEED HEADS 2485.

COUPLE FOR STONE FRUIT orchard work in Gingin WA. Commencing August '96. Private accom is avail. Good opport for hard working couple. Jamie, PO Box 162, GINGIN WA 6503. Ph: 095-752-478.

SMALL ELECTRIC WOOL-CARDING machine, home spinning use. RMB 1238, KINGSTON 7050.

EX WWOOF HOST seeks friends to visit, assist, caretake, Australia all-over. Personal spiritual growth healing. Alwyn, C/- 18 High St, LISMORE 2480.

NATIVE PLANT MATERIALS. Wattle blossom, gum nuts, etc. All types, fully dried, native materials considered. Large quantities preferred. Good prices plus freight paid. Contact: Peter Hunt, PO Box 53, NORTHCOTE 3070. Ph: 03-9482-2677.

MINERALS/FOSSILS, semiprecious stone for lapidary work. Decorative minerals & fossils for collection. Any attractive Australian material considered. Examples include quartz, amethyst, agate, chrysoprase, etc. Peter Hunt, Nature's Workshop, PO Box 53, NORTHCOTE 3070. Ph: 03-9482-2677. Fax: 03-9481-1393.

HANDCRAFTS

HAVING DIFFICULTIES OBTAINING small gauge brass screws, hinges, catches, & associated brass fittings? We have an extensive range of 0g, 1g, 2g, 3g etc from 1/4" long to 1". Also various woodworking tools, glues & abrasives. Backed up by a sharpening service. Send \$3 for catalogue (refundable off first order). East Gippsland Saw Service, PO Box 1168, BAIRNSDALE 3875. Ph: 051-521-001. Fax: 051-521-001.

**DEADLINES: GR 115 - APRIL 30TH
GR 116 - JUNE 30TH**

MAKE YOUR OWN EARRINGS KIT, now only \$19.95 + \$4.95 postage. Everything you need to make 30 pairs of earrings, incl glass beads, attachments, pliers, etc in a sturdy organiser box. Easy to follow instructions. Brochure avail or send cheque, money order or credit card details to: DL Quality Crafts, PO Box 418, MULLUMBIMBY 2482. Ph/fax: 066-841-772.

THREAD BUNDLES, stranded cotton in bundles of 100 x 8 m skeins in 50 assorted colours. Shades matched to DMC - \$29 post free. The big bundle of 240 colours - \$70 post free. 24 (12pr) wooden lace bobbins, torchon style popular design, excellent for beginners \$33 post free. Price list avail. B/card, M/C, Visa, M/O, Chqs. Arty & Crafty, PO Box 40, DAW PARK 5041. Ph: 08-277-3763 AH.

AAAAA/FRAGRANT CRAFT SUPPLIES direct from source - potpourris (botanical & gemstone), fragrances (inc similar to Chanel, Opium, etc), botanicals (roses, lavender, orris, etc), books, fragrant gifts, etc. We supply from beginner to chain store with great quality products at prices as low as \$14.40/kg (potpourri), \$26.40/kg (fragrances). Write for free mail order catalogue or visit our extensive, centrally located showroom/factory outlet ... Nature's Workshop, PO Box 53, NORTHCOTE 3070. Ph: 03-9482-2677, fax: 03-9481-1393.

ESSENTIAL OILS, POTPOURRI & natural products - for all aromatherapy & fragrant craft work. We are the manufacturers & suppliers of raw materials for making massage oils, soaps, cosmetics & household products. Our extensive range includes: 100% pure & natural essential oils, absolutes, fragrances, vegetable oils, gums, waxes, extracts, potpourri, herbs, spices, pottery & containers. Buy from us direct, small or bulk sizes & save with our low prices. Write for FREE mail order catalogue to: Auroma, 39A Melvorton Drive, HALLAM 3803. Ph: 03-9796-4833, fax: 03-9796-4966. Or visit our shop at 86 Burwood Rd, HAWTHORN 3122, ph: 03-9818-2673.

CRAFT WORKSHOP VIDEOS: Learn at home at your own pace from your personal, highly qualified instructor. VHS titles incl spinning, weaving, beadwork, basketry, applique, tatting, knitting, crochet, lace making, felting, fabric painting & more. For full catalogue send long SAE to: Quick Spin Wool, Dept GR, RMB 1215, Shelford Rd, MEREDITH 3333. Ph/fax: 052-868-224.

BEADS! BEADS! BEADS: Unique selections of handmade glass, metal & wooden beads. Also findings, threads, & kits avail. Cost \$8 for samples, colour copy & info. Write to: TSUNAMI, PO Box 29, MARGARET RIVER 6285.

PAPIER MACHE BOXES now available. Folk art or decoupage them. Ideal for personal gifts. Ph: 067-345-483.

FREE: CRAFT AND GIFT CATALOGUE. Send SAE to: 'Kathy's', 46 Wollongough St, UNGARIE NSW 2669.

GREETING CARDS - colourful, handcrafted blank cards. Everybody pack (5), \$8.50 posted. Kid's fun spooky pop-outs pack (5), \$10 posted. Why pay more? Save money, guaranteed. Julie, 166 Hat Hill Rd, BLACKHEATH 2785. Ph: 047-877-112.

NATURAL COLOURED WOOL - scoured & carded, ready to spin! Variety of shades, in compact rolls. \$25 per kg + postage. For stocklist send SAE to: Shiloh Easy Spin Wool, PO Box 295, DRYSDALE, Vic 3222. Ph: 052-512-497.

CRAFT SUPPLIES - why pay retail when you can buy wholesale! Large range to suit many crafts including beading, folk art, floral art, doll & bear making etc + general craft lines (everything from adhesives to bells to pom-poms to tassels to halfpots to Dream Catcher parts). Send 22 cm x 11 cm SAE to J & E Owen, 2/4 Commerce Lane, TAREE NSW 2430 for free price list.

FOOD AND KITCHEN

AMERICAN FAMILY RECIPES. Send long SAE and \$4 postal note (no cheques please), to: Christie, 56 Commerical St, BURRA SA 5417.

BEE POLLEN, NO ADDITIVES, 450g sample pack \$9, 1.9kg pack \$32.50, 4.7kg pack \$65, 14kg drum \$175. Prices incl p&p. JM Read, 8 River St, MURRAY BRIDGE 5253.

HOME STONE FLOUR MILLS - mill your own stoneground wholemeal flour for cakes & bread at home with a Retsel Little Ark stone flour mill. Endorsed by Housewives Assoc. Write for catalogue: Retsel Distributors, PO Box 712, DANDENONG 3175, incl 3 postage stamps. Ph: 03-9795-2725. Distributor enqs welcome.

MISCELLANEOUS

TORCHES, NEW OUTDOOR TYPE. Dazzling 30 watt brilliance. Ten times the power of ordinary torches. Rechargeable with common 12V charger. \$110 ea. Ph: 079-467-118.

TIPIS, 10'-22', from \$460. Colonial tents, tarps, awnings, annexes, canopies, tonneau covers, swag rolls. Leather, deerskin, suede clothing, any size, any design, yours or ours. Western & Indian style fringed gear a specialty. Wholesale prices. Bojo Products, BENALLA. Ph: 057-622-145. Tipi hire avail.

COONON-GIBBER WOOD HEATERS. Will burn for days w/out going out & heat large areas. \$375 freight-free to your door. No assembly required. For more info: Dave, 14 Sixth Ave, CHELTENHAM, SA 5014.

CHIP HEATERS. No elec needed for instant hot water, operates from town or tank water supply. Enq: Ray Williams, 5 Bonnie Springs Rd, JINDERA 2642. Ph: 060-263-621.

**To avoid disappointment ensure
your ad meets our deadline**

GRASSIFIEDS

MISCELLANEOUS

THE HOMEBUILT DYNAMO (construction plans). Brushless electric generator, 1000 watt DC at 740 RPM. A\$85 postpaid airmail from: Al Forbes, Box 3919-GR, AUCKLAND, New Zealand. Ph: 0011-649-818-8967 anytime. Philips Ferroxdure rotor magnets (3700 gauss) kit now avail cut to size and magnetised.

STOP DRINKING POLLUTED ROOF RUN-OFF! PFR valves are the proven EFFECTIVE way to keep harmful roof-sourced pollutants (paint flake, agrispray, faeces, etc) OUT of your family's water supply. **GUARANTEED!** Drink **PURE WATER**, not filtered pollution! Easyfit! Install - Relax! No ongoing costs! From \$36. **FREE** information: PFR, Box 65, EIDSVOLD 4627. Ph: 071-651-484.

TRIDENT TIPIS. Professional workmanship, quality materials, traditional designs. For brochure, samples and prices: PO Box 24, MONTACUTE SA 5134. Ph: 08-390-2383, mobile: 014-689-661.

INVERTERS, NEW, converts 12 V battery power to 240 V AC for standard electrical appliances in remote areas, camping or boating. Stock run-out; were \$499, now \$349. Ph: 02-427-0586.

GRASS ROOTS. 21-104 (missing 23, 30, 84, 86, 98, 102). \$150 + postage for all or \$2.50 + postage each. Ph: 046-531-493.

TESONI MECHANICAL WEEDER for sale. Any reasonable offer considered. Ph: 070-962-445 BH.

NATURAL SKINCARE PRODUCTS, handmade soaps & candles. Send SAE for catalogue of over 120 products. Forest Edge, 242 Albert St, MARYBOROUGH 4650.

CREAM SEPARATOR, excel condition. \$120 ONO. IPSWICH. Ph: Dave, 07-282-6848.

EIGHT INCH FLUE KIT complete, incl 4m flue pipe, new drop box, cowl, inner & outer flue, cover plate, \$200. Ph: 065-698-459.

BP SOLAR 24 V, 30 A, 720 W/H trace, BP 779 cells. All new condition, expandable. Valued \$14,000, sell \$8500. Details: R & T Symons, PO Box 2040, MURRAY BRIDGE, SA 5253.

HIGH QUALITY BAMBOO FLUTES. You can now experience the heightened states that flute playing can bring. A wide range of handmade flutes is avail. For free info and catalogue contact: Fluteman, 4a Short St, NEW BRIGHTON NSW 2483. Ph/fax: 066-802-912.

LIVESTOCK

MAREMMA STOCK GUARDIANS. Protect your stock without bullets or bait. Ph: 046-810-202.

TOGENBURGH MILKING GOATS, 3 in-milk does, large producers, 1 yearling, 1 buck. All pure bred, (buck debudded, hand raised, not related). Plus electric separator, milking stand ideal for self-suff family. Regrettable sale. Will not separate. YORKETOWN, Sth Aust. Ph: 08-8852-1765.

PLACING AN AD? See page 68 for details

PIGLETS, FREE RANGE, Saddleback, Durock, Large White crosses. Ph: 074-652-359.

RARE OUTDOOR PIGS. Wessex Saddleback, weaners & breeding stock available. Contact E & H Clare, PO Box 546, CABOOLTURE 4510. Ph: 074-968-271.

'PINEROCK' DAIRY GOATS. Quality animals at reasonable prices. Ph: 057-270-249.

LITTLE COMPANION PIGS, selectively bred for small farms. Health tested breeding stock & neutered pets for sale. Pygaminni Farm. Ph: 079-221-334.

MINIATURE AUSTRALIAN COMPANION PIGS, estab 1978, breeders & pets. Colours: black, black/white, white, red. Foundation stock from \$500. See GR 109 all details. Brian Doggett, PO Box 36B, YARRA JUNCTION 3797. Ph/fax: 059-666-246.

COURSES

SOUTH COAST FIELD DAY, sustainable land use & living. The first one was a fantastic success and it's on again. 17th & 18th August. CANDELO, the far south coast NSW. Ph: 064-942-014.

HUNTER - NEWCASTLE Permaculture courses. Demonstration farm based small group learning. Emphasis on practical applications. Urban and rural design. Trevallyn Permaculture Centre. Ph: 049-389-528. PO Box 22, PATERSON 2421.

PERMACULTURE CORRESPONDENCE COURSES: Introductory, Design certificate, plus courses tailored to meet your interests/needs/time/mobility. \$15 (refunded upon enrolment) full details. 'Permaculture Visions', 280 Cordeaux Rd, MT KEMBLA 2526.

CORRESPONDENCE STUDIES. Diploma & certificate programmes, professionally recognised. Learn for personal interest or business practice. Select one brochure from: Aromatherapy, Vitamin and Nutrition therapy, Traditional Folk Medicine, Animal Medicine (The 'Green' Vet), Psychic Healing, Pre-school Childcare (Nanny-Minder), Safety and Security Counselling, Personal Psychic Development, Traditional Wicca. Wiccan Home Studies, PO Box 138, SURRY HILLS 2010. Ph: 02-319-6166 business hours only.

ALTERNATIVE LIFESTYLE is not just a dream! Byron Bay Adult Education invites you to 7 days of first-hand experience at various communes & permaculture farms. \$869 incl luxury accom in Byron, professional tutors, daily transport, tour guide, airport transfers. May 25 - June 2. Details, itinerary: Amanda, 066-855-676.

HERBAL MEDICINE. The School of Herbal Medicine, estab in Australia in 1985, offers a one year home study course. For details, write to: PO Box 2310, TOOWOOMBA 4350.

DOWSING, a definitive home-study course in radiesthesia, dowsing & radionics for those with enquiring minds! Rediscover the lost art of using natural radiations ecologically. Over 200 pages of comprehensive notes covering health, environmental & agricultural applications of this ancient art. The Academy of Natural Therapies, 23 Taree St, BURLEIGH HEADS, Qld 4220. Ph: 075-934-650. Phone or write for a free brochure.

SELF RELIANCE ON YOUR OWN PROPERTY. This Permaculture course will provide you with practical skills, techniques & info to create your own productive & low maintenance property. Topics covered: design, species selection, establishment & integration of vegie gardens, orchards, tree crops, dams, healthy & energy efficient homes. Learn at Crystal Waters Permaculture Village through tours, demonstrations, hands-on practice, slides & talks by Frances Lang & Max Lindegger, tutors of over 1000 people in 17 countries. Dates: May 12-25, September 1-14. **FREE** Permaculture info kit: Green Harvest, 52/G, Crystal Waters, MS 16, MALENY Q, 4552. Ph: 074-944-676.

PERMACULTURE DESIGN COURSE, Date: April 6-15 1996. Venue: 'Willuna', Chiltern, NE Vic. Tutors: Vries & Hugh Gravestine. For particulars send SAE to: VR Gravestine, RMB 1130, CHILTERN 3683. Ph: 057-261-596.

PERMACULTURE BY CORRESPONDENCE. On completion you will have a full permaculture design and management plan for a property of your choice and be qualified to teach and practise permaculture. (We also teach 2 week residential courses). For more info send SAE to: The van Raders Family, The Green Piece Permaculture Garden, PO Box 389, MALANDA, near Cairns, 4885, or ph: 070-965-138, or email: vanraders@peg.apc.org.

STONEWORK. While the stone used is millions of years old, to bring its use into compliance with modern codes consulting engineer Peter Parnell is holding a 2 day seminar on the theory and practice of stone construction. The cost of this seminar is \$150. The seminar is to be conducted over the w/end of the 27-28 April at Maleny, Qld & will be supported by a full set of notes and practical experience. Bookings or enqs: 074-941-368, or fax: 074-941-374.

COMPOSTING TOILET WORKSHOP, for owner builders, Kangaroo Valley, 25-26 May '96. Andrew Sheridan & Peter Constable. Learn the theory and on-site construction of the latest design of a low-cost aerobic composting toilet/humus closet. Video, food and accom. Cost \$165. Info ph: David, 044-651-364.

GARDEN AND ORCHARD

TREEGUARDS all shapes/sizes from under 10 cents each. Bamboo stakes & weedmats. International Reforestation Supplies, 510 Bellbird Rd, BAIRNSDALE. Ph/fax: 051-579-404.

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GARDEN AND ORCHARD

QUALITY ORGANIC TOBACCO SEED, (min 60 plants). Easy techniques for striking, growing, harvesting, drying, curing & cutting. Simple leaf press plans. Seed saving instructions. All you need for FREE TOBACCO FOREVER. City GRs also win with this terrific money saver – tobacco grows successfully in pots (even indoors). Ongoing advice avail. Cost \$14.50 (incl p&p). Pete Bradbury, Box 65, EIDSVOLD 4627. Ph: 071-651-484.

EARTHWORMS. FREE, the most comprehensive catalogue of books on this subject. Send business size SAE. Worm World, PO Box 204, GR, ROLLINGSTONE 4816. Ph: 077-707-001.

COMPANION PLANTING CHART. Over 90 vegetables, herbs & fruits, including plants as insect repellants. Sow When Chart. Suggested sowing times for 100 vegetables, herbs & flowers. Mail order \$5 each + \$2.50 p&p (up to five copies). Plum Products (G), PO Box 120, BRUTHEN, 3885.

GOURD SEEDS, mixed ornamentals, mixed hardshells, mixed orn + hardshells, luffa sponge, calabash, snake bean, bottle medium, coloured corn \$4.50 pkt – minimum purchase \$9.00. Or 1 free \$4.50 pkt when you purchase 52 page *Gourd Growers Handbook* for \$16. Bulk pkts – 30 seeds \$10 ea. All price incl postage. Send your order to: Gourd Father Quality Gourd Products, PO Box 298, GR, EAST MAITLAND, NSW 2323. Money back guarantee!

RAINFOREST SEED COLLECTORS national link-up. Buy & sell local seed. Our newsletter has lots to offer. Local seed grows better & doesn't pollute your gene pool. Quarterly newsletter subs \$20, conc \$10. Offer local seed – free subs. RSC, Private Mail Bag, BELLINGEN 2454. Ph: 066-552-233.

COMPREHENSIVE CATALOGUE Australian native seeds. 1800 species. Price \$6 posted. Bliss Partnership, 28 O'Connell St, TAMWORTH 2340.

TOBACCO SEED. Organically grown (Virginian), cultivation & curing notes incl. Send \$5 to Lyn O'Brien, C/- PO, BARMAN 3639.

SEEDS OF UNUSUAL, useful Asian vegies, subtropical fruits, herbs, spices, fragrant, curiosities, cottage garden flowers suit hot weather. Open pollinated. Easy grow. Seeds \$1 pkt, plants \$2.50 each. Mail order only, no visitors please. For list send 3 stamps to Lorraine Blaney, Wallace Rd, BEACHMERE 4510.

BAMBOO SEED. Grow your own building quality, frost hardy, drought resistant, clumping bamboo. Noninvasive species, 100 seed + info. Send \$20 + SAE. Kevin Lang (GR 114), PO Box 2, Lot 115, Brooks Rd, EUDLO Qld 4554.

TOBACCO SEEDS, best quality & flavour, \$5 incl seeds and instructions. E Madge, MS 626 Kinkin Rd, POMONA, Qld 4568.

LUCERNE TREES & SALTBUSH, suitable as windbreak & fodder. Drought resistant, \$1.50 ea. MUDGE. Ph: 063-734-369 AH.

DEADLINES: GR 115 – APRIL 30TH
GR 116 – JUNE 30TH

HUNDREDS OF HARDY HERBS, perennials and shrubs avail by mail order. For 1996 list, send 3 x 45c stamps to: Flowers, Leaves and Spines, RMB 2743, MARYBOROUGH Vic, 3465. Ph: 054-614-390.

EARTHWORMS, mixed red wrigglers/tigers/African nightcrawlers (tropical worms), \$18/250 g (approx 1000). Includes care instructions and p&h Australia wide. BLACK WATTLE SEEDS (*Acacia cincinnata*), fast growing tree, nitrogen fixing, good fuel wood, timber suitable tool handles, posts etc; leaves excel fodder, attracts king parrots, excel potential for agroforestry purposes, pale yellow scented flowers, \$2.50/pkt. LEUCAENA SEEDS (*Leucaena leucaephaia*), fast growing tropical shrub, nitrogen fixing, nutritious stock feed, ideal windbreak, \$2.50/pkt. Send chq/MO to: Squworms Worm Farm, The Gorge, FINCH HATTON, Qld 4756. Ph: 079-583-359.

HOLIDAYS

LOOKING FOR MORE MEANING in your life? Women welcome to stay at our rural property one week during August 19-31st. Explore meditation, gardening, crafts. Be refreshed. Food, accom free. Apply: Sister Helen, Sisters of the Church, 42 Wirrang Drive, DONDINGALONG, via KEMPSEY 2440.

YACHT, thirty-six foot, modern, 4 beds. April-Oct: Fraser Island area. Ex WWOOF host skipper, now WWOOFer, children welcome, nonsmoking, share expenses. Write: Col, C/- 28/20 Banks Ave, TWEED HEADS 2485.

CHRISTMAS CREEK, LAMINGTON, 2 b/r, secluded cabin, magnif views, r/forest, bush walking, abundant birdlife. Linen suppld. Ph: 075-448-166.

PRIVATE COTTAGE situated in the Tweed area. \$35 pn. Ph: Marina, 066-779-508.

GET BACK TO NATURE at Barmah on the mighty Murray. Explore the largest natural river red gum forest in the world. Canoe the world heritage wetlands of international importance, off the beaten track, where wildlife abounds. For info kit ph: 058-693-347, or write to: Gondwana Canoe Hire, C/- PO, BARMAN, Victoria 3639.

SERVICES OFFERED

POSTAL TAROT, clairvoyant psychometry and message from your spirit guide. Experienced psychic – currently reading psychic festivals in Vic and live telephone tarot line. Send question, photocopy of relevant photo or object (not originals) & \$25. Trudy Oldaker, Box 242, VERMONT 3133. Ph: 03-9872-3319. Reply posted ASAP.

To avoid disappointment ensure
your ad meets our deadline

THE PRIMAL PLACE. The transpersonal perspective holds that there is an essential unity underlying the diversity of humanity & the material world. The transpersonal vision is one in which compassion, love & responsibility are experienced for all forms of consciousness, and a global ecological vision of all life. The transpersonal experience enables us to contact and integrate aspects of ourselves and discover whatever dormant ability and potential that is unique to you but have lost touch with. Rediscovering those lost aspects of ourselves that continually intrude and spoil our enjoyment, pleasure and success of our own lives can bring about a profound & deeply meaningful state of 'being'. A new sensory awareness. A new consciousness. There is another way to 'be'. Those repressed aspects of ourselves inordinately effect us all of our adult lives and are expressed in other ways; discontentment, depression, anxiety, fear, nervous habits, isolation, loneliness, obsessional work and projects, use of drugs, aggression, anger, sexual dysfunction, inability to assert oneself, inability to relax & feel real pleasure. And in our relationships. They also show themselves in a multiplicity of chronic psychosomatic complaints. We can be in a constant search, always in the wrong place. The transpersonal dynamic experience enables us to find the realms of the human unconscious to the gateway of personal transformation. Sooner or later we each must face ourselves honestly. Who we are. Where we came from. To what are we travelling towards. The Primal Place, 44 Curnow St, GOLDEN SQUARE 3555. Ph: 054-413-683.

EVERGREEN MARKETING & graphic design. We are a professional duo with a social conscience & over ten years experience in our fields. Evergreen produces effective brochures, logos, advertising & can help with market research, distribution, promotion, publicity, networks, concept or sales development. If you have products or services & are seeking to expand, please ring: Claudia, on 03-9380-6250, 015-510-389 or most w/ends on our dream 5 acres, 054-764-323.

MASKLIN'S TAROT, tarot readings performed by Allyson Everard using her unique 'River Spread'. Using both the major and minor arcana of the Arthurian Tarot, the River Spread depicts the River of Your Life for this past year and the year ahead. It looks at events from your past that have special meaning for you, your hopes and fears from that time & from the present. Obstacles ahead & energies avail to help overcome them, along with opportunities that will present themselves & the likely outcome of your quest in life, are all represented in the spread. For your personal reading, either general or in answer to a specific question, please send your name, address and question or preferred focus of attention (finance, love, travel, etc.) along with a chq or money order for \$30 payable to: Masklin's Tarot, PO Box 39388, WINNELLIE, NT 0821.

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SERVICES OFFERED

PERSONALITY PROFILE: Know and understand your four main life focus areas, General behaviour, Work, Social life, Love, for your greatest need, fulfillment for a more satisfying and contented life. \$50 payable to: Lionel Exell AIPC (Australian Institute Professional Counsellors). The Primal Place, 44 Curnow Street, Golden Square, BENDIGO Vic 3555. Ph: 054-413-683.

ASTROLOGICAL FERTILITY CHARTS. Find out your monthly period of maximum fertility. Three years personal calendar (lunar-phase cycle). For more info: Astrobe Charts Service, PO Box 1262, COFFS HARBOUR 2450. Ph: 066-534-676.

ASTRO-MAPPING. Order your personal Astro-mapping kit and find out the best geographical places for love, success, happiness & relocation. Send name, address, date, time & place of birth + \$50 to Astrobe, Box 1262, COFFS HARBOUR, to receive maps & info booklet. For more info call 066-534-676.

HOMEPLANS. 90 plans for handcrafted homes of mud brick, rammed earth, stone & pole frame construction. Mail \$58 (postage incl) for *The Earth Builders Construction Detail & Plan Catalogue*, to: John Barton, Building Design, 31 Sharp Street, NEWTOWN, Geelong 3220, or ph: 052-224-249 for fixed quote to draw/document your home plan. Bankcard, Visa, Mastercard accepted.

CLUBS

NATIONAL ALLERGY ASSOCIATION OF Australia (NAAA). Information, counselling, newsletter. For info & membership write to: PO Box 280, PARRAMATTA 2124.

AFFILIATED DONKEY SOCIETIES OF AUSTRALIA. For info on membership, magazines and help avail write to: Mrs Pam Newton, PO Box 63, HURSTBRIDGE Vic 3099, and you will be contacted by the representative in your state.

HEALTH AND BEAUTY

FEELING LOW? Perk up, reduce stress, ease headaches, keep on the go with Guarana – pure (1st grade, unadulterated) dietary supplement from the Amazon rainforest. 60 x 500 g capsules \$17.65, 12 pieces Gogum \$3. 50 g tub powder \$11.60. P&p \$3. Free 5 g powder (\$2) with all orders. Send large SAE for FREE SAMPLE. Better Health Products, PO Box 269, TWO WELLS, 5501. Ph/fax: 085-202-377.

KOMBUCHA HEALTH AND PERSONAL CARE products available Australia wide. Independent distributors needed all areas. SAE to: 5 Watton Crt, SWANVIEW 6056. Ph: 09-255-2523.

SCALES OF HEALTH © wall chart, the visual reminder that our health is in the nutritional balance. Free health potential chart with each wall chart. Business/whole-sale enq welcome. P O'Dwyer, ND, PO Box 738, SALISBURY 5108, SA.

PLACING AN AD? See page 68 for details

HOMOEOPATHICS, Bach & Australian bush flower essences: Australia-wide delivery, free catalogue avail. The Natural Remedy Company, PO Box 1060, DEVONPORT, Tas 7310. Ph: 004-246-168.

NATURAL SKIN CARE: Soaps, creams, salves, using Australian botanicals. Hand-made scented candles. Resellers welcome, SAE to: Forest Edge, 242 Albert St, MARYBOROUGH 4650.

ARE YOU ALLERGY/ECZEMA PRONE? Have super-sensitive skin? Or just prefer to use *genuinely* natural products on your skin? In a synthetic world, discover the REAL benefits of Tasmanian Leatherwood Honeycare – luxurious handmade organic skincare, Tasmania's FRESH alternative. Handmade with pride & care, using only Tasmanian Leatherwood beeswax, honey, bio-dynamic Australian oils, flower waters, pure Essential Oils etc. NO petrochemicals (sorbolene/mineral oil), synthetics, chemicals, colours, preservatives. Earthsafe – Affordable – Effective. Send SAE for catalogue to: Tasmania's Fragrant Earth, (GR), Free Post 18, 62 Clarence St, BELLERIVE 7018, Tasmania. Ph/fax: 002-448-244.

CALENDAR EVENTS

ALTERNATIVE LIFESTYLE gathering at The Grove near Sydney: firewalk, workshops, bushwalks, shamanic healing, meditation, sweat lodge, tai chi. Easter, April 5-9, \$40. Ph: 045-664-614.

OLIVE INFORMATION & FIELD DAYS, May 24-25, at Margaret River Cultural Centre, Wallcliffe Rd, Margaret River, WA. All enq to: Margaret River Business Enterprise Centre, 33 Tunbridge St, MARGARET RIVER 6285. Ph: 097-572-988.

FELTMAKERS CONVERGENCE, Canberra Sept 30-Oct 4. A week of intensive felt making, \$200. All enq to: Jenni Farrell, 06-288-4947.

THE ALTERNATIVE '96, practical solutions to everyday situations. April 13-14. All enq to: Judi or Marjorie, 060-216-933; or Rod, 018-578-997.

FESTIVAL OF THE SOUTHERN OCEANS, April 4-13, Mallacoota, Vic. Festival of the arts with theme of fragile nature of southern oceans. Festival hotline: 051-580-680 for all enq.

ECHUCA STEAM, HORSE & VINTAGE rally, June 10-11, Rotary Park, Northern Highway, Echuca, Vic. All enq to: Lorraine Noisette, PO Box 199, ECHUCA 3564. Ph: 054-806-570.

THE RAINBOW FESTIVAL, combined New Age/Arts Festival, Daylesford, April 6, 7 & 8. All enq ph: 053-481-744, or 053-457-539.

DOWN-TO-EARTH CONFEST, at Tocumwal (Vic/NSW border), April 5-9th. See advert on p 18 of this issue. Don't miss it!

BRUSH WITH THE BUSH, festival of arts and music in the environment, Wimmeribiri Sanctuary, Old Hume Hwy, Bargo, NSW, April 28. Contact: Al Mucci, 046-841-112, for more info.

GIPPS TOWN EARTH FESTIVAL presents a wide display of alternative lifestyle products, farming methods and food production methods. Venue, Old Gipps town, Moe, Vic, April 28. All enq to: Jenni Whitelaw, ph: 051-273-082.

OPPORTUNITIES

HI! I'M LOOKING for an upswing lead guitarist to join in a duo act with a female country/folk singer guitarist. Must be committed for a 6-12 mth outback tour. An uncomplicated, light hearted nature would be a bonus! Ph: 067-345-483.

WE NEED HELP on ornamental fish, and aquatic plant farm. Open to invalid pensioner couple, or active retirees or whatever. Live on property, free elec, sml wage & profit-share system. Room for veggie garden, chooks. Own c/van would be advantage. Lovely setting away from rat race, but 1 hr drive to major town, seaside. Mermaid Aquatics, PO Box 190, WOODFORD Qld, 4514. Ph: 074-963-644.

ARE YOU LOOKING FOR A BUSINESS that's free to start, will fit into a desk drawer, yet give you unlimited oppo to make money from people all over Australia (even abroad) for the rest of your life? For free details send SAE to: Dept 28, PO Box 5003, SOUTHLAKE 6164.

ETHICAL INVESTMENT OPPORTUNITY. What Australia needs most right now are working models to promote sustainable living practices. The Sustainable Settlement Research Institute (SSRI) will establish its first site close to the tourist mecca of Byron Bay. The intention is to create an economically viable operation which reaches lge numbers of the public with exposure to, and experiential courses in, the technologies of sustainable living. Investments will be secured and repaid by negotiation. For further info: PO Box 614, BYRON BAY NSW 2481. Ph: 066-853-719. Fax: 066-855-545. Email: arkishop@om.com.au

PUBLICATIONS

'HERMETIC BROTHERHOOD OF LUXOR' – complete account of origins, founders, practices, of very secretive order; host to 19th century occultism, spiritualism, theosophy. Also *All About Radiation* by L Ron Hubbard. Contact: A Allen, C/- PO, GUYRA 2365. **'WORD CIRCUS':** A parent-teacher manual by Alan Whitehead on language teaching for senior primary and junior high, based on Steiner creative spiritual principles – \$12. Golden Beele Books, Box 481, MULLUMBIMBY 2482. Or write for titles list.

**Make Your Editor Smile –
Punctuate!**

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PUBLICATIONS

EARTHWORMS: Learn how to breed them for gardening, composting, fishing, selling. Free booklist from: WormWide Books, Box 603(G), MOOLOOLABA 4557.

OLD GRs FOR SALE, 21-57, \$2 each + postage. Ph: 066-477-154.

'GRASS ROOTS', 'EARLY YEARS' + Nos 10-12, 14-15, 22, 27, 30, 31-83, 85-110, \$180 + Freight. Ph: Duff, 065-505-763.

'EARTHWISE WOMEN': a new national quarterly magazine. Connecting women who care for environment. Creating a strong network of women environmentalists across Australia. Introductory subscription offer \$20 - 5 issues for the price of 4. PO Box 4114, YANKALILLA 5203. Ph/fax: 085-582-950.

NEW EIGHTH EDITION *Alternative Plans Catalogue* is now available. The new catalogue contains a comprehensive listing of books and plans covering ethyl alcohol production, wind power, gas generation, alternative housing plans, low voltage workshop set up, appliance conversion, special batteries, mini work vehicles, home-based businesses, solar panels and powered water pumps, water purification, earth energy fields, infrasound, vivaxus bands and magnetic engine construction. Steam engine, electric vehicle conversion, fuel cells, solar ovens, furnace and water heater plans, vortex tube, free energy machines, magnetic engines and generators. For your copy send A\$5.00 to: Alternative Plans, PO Box 487, ASHGROVE, Qld 4060. (33 Woodview St, Samford 4520.)

FREE BOOK, *Steps to Christ*. The Final Cry Ministries, PO Box 946, MANJIMUP 6258. Taste and see that the Lord is good.

'CURIOUS WEAVER': A publication for Australasian weavers, spinners, dyers and braiders. Hands on techniques for around our world. Subscription \$11.00 per year (two issues) or send \$5 for sample copy. Please make cheques payable to: Karen Madigan, 3 Paradise Close, OLD BAR, NSW 2430.

'FARMERS OF FORTY CENTURIES' - permanent agriculture in China, Korea & Japan. This classic, out of print book is \$19.95 (post paid) from: Eclectic Books, 1 Palamino Crt, CONONDALE, Qld 4552. Ph: 074-944-645/ fax: 074-944-760. Limited quantity. Wholesale welcome.

BOOKS, OLD & NEW. Send for general list. R Suters, PO Box 127, FIGTREE 2525.

FREE SAMPLE COPY: of colourful, 64 page, quality textile magazine, *Textile Fibre Forum*. This publication covers all the textile arts in the Australian region and includes New Zealand plus an international component. Just write to TAFTA, PO Box 38, THE GAP 4061, and send \$1.80 in new postage stamps to receive your free sample copy. You'll love this magazine. No obligation.

'AUSTRALIAN TOBACCO'. How to grow, cure, treat & cut your own. A well researched book by John Van der Linden. Send \$12 (postage included) to Lyn O'Brien, C/- PO, BARMAN 3639.

**DEADLINES: GR 115 - APRIL 30TH
GR 116 - JUNE 30TH**

'AUSTRALASIAN HEALTH & HEALING'. Journal of alternative medicine. Australia's major health care quarterly, emphasising self-healing & prevention of illness through measures which raise body defences. Sold at most newsagents & health shops, & by subscription, \$37.90 or \$39.90 with *Health & Healing* Newsletter per 4 issues (1 yr). Write: Australasian Health & Healing, 29 Terrace St, KINGSCLIFF 2487.

'NEXUS NEW TIMES' magazine is an independent publication bringing you the essential facts behind today's news. We describe new ways of living which improve your mental & physical health & enable you to thrive in the late 20th century. Take part in positive change - subscribe now! \$25 pa. Nexus New Times, C/- PO, MAPLETON 4560.

'NIMBIN NEWS' is a co-operatively run access magazine with articles & info from Nimbin & other areas. We cover concerns relevant to alternative lifestyles & others looking for the most sustainable way. We are one of the longest running alternative magazines & the Nimbin bio-region is at the forefront in the development of sustainable systems. As networkers we scan many magazines for suitable & scarce info for our readers. Subscription: 12 editions for \$25. Sample copy \$2.50. PO Box 209, NIMBIN 2480.

'THE OWNER BUILDER' MAGAZINE. Want to be a successful owner builder? *The Owner Builder* magazine has plans, money saving ideas, advice & articles on successful owner builders. *The Owner Builder* magazine is avail from newsagents or by subscription. \$24 for 6 issues. For more info write: PO Box 974, BENDIGO 3550.

'THE PERMACULTURE EDGE' magazine for current info on applied permaculture worldwide. Internationally subscribed & sourced: agriculture, economics, politics, sociology for the future. Subscribe now \$16, 4 issues. Permaculture Nambour, PO Box 650, NAMBOUR 4560.

'THE SEED SAVERS' HANDBOOK' by Michel & Jude Fanton, selling like hotcakes. Don't miss out, order today. \$23 post paid. Box 975, BYRON BAY 2481.

ANIMAL BOOKS - 'YOUR DONKEY', *Cats' Company* & many more by post. Lists from: Broomtail Publications, 171 Eaglehawk Rd (PO Box 62), LONG GULLY 3550.

BOOKS. NEW & OLD. Australiana, lifestyle, Pacific, biography, horticulture, gardening, outdoors. Lists avail. BA & JM Wallace, Box 325, PORTLAND 3305.

NEW AGE BOOKS and audio tapes by mail from Broomtail Publications, 171 Eaglehawk Rd (PO Box 62), LONG GULLY 3550. Ph/ fax: 054-430-196.

'NATURAL HEALTH', the magazine of the Natural Health Society. Subscribe today, \$34 yearly & receive: 6 vital magazines, discounts at participating health food stores & natural therapies practitioners, listed in magazine. Head Office, 28/541 High St, PENRITH, NSW 2750. Ph: 047-215-068.

'PANTHOLOGY'. A digest of paganism, shamanism, magic, wicca & sacred ecology from around the world. A 16 page broad spectrum magazine with something for everyone from the new seeker of the old faith to the familiar territories of the devoted thinker. Subscriptions, \$10/4 issues, to: Panthology, PO 1350, WODEN, ACT 2606. Include SAE for separate queries. Free sample with SAE for GR readers.

BOOKS - JUST FOR YOU. Are you seeking any special book? Contact Pamela, PO Box 263, MAYFIELD 2304.

CONTACTS

PLACING A CONTACT AD?

If you do not wish your address to be published, you may prefer to have replies sent C/- PO Box 242, Euroa 3666 (our address) and we'll forward them (unopened) to you. There is a nominal charge of \$5 for this service, so please add this to the amount when calculating the cost of your ad.

NEW SOUTH WALES

NICKY BROWN, formerly of MV Vagabond, Southport Yacht Club, please contact GR re your article. PO Box 242, EUROA 3666.

LADY, YOUNG FIFTY-TWO, looking for that special man to share the mysteries of life with. I'm 5'5", slim, attractive, like nature's wonders, friends, music, reading, talking, listening, walking, caring & harmony. Any location. Photo appreciated. Harmony (GR 114), C/- PO Box 242, EUROA 3666.

LADY LIKE TO contact GR people in Port Macquarie area. Ph: 065-840-147.

ENERGETIC INDEPENDENT WOMAN, middle-aged, well-travelled, educated, loving and caring, keen gardener, loves the bush, would love to share her life with a widower with younger children. It would be a deep wish of mine to be in a r/ship with a man who is not afraid to share his feelings & to have children in my life. Preferred area: up to 3 hrs from Brisbane. Tiare (GR 114), C/- PO Box 242, EUROA 3666.

ARE YOU A CREATIVE PRACTICAL lady between 30 - 45 yo, unemployed or wishing to escape from the city? I'm a 44 yo positive thinking, creative guy about to venture into a boating business adventure & seeking a female partner. Interested? Ph: Ken, 068-921-117.

**Please print your ad clearly
so we can do likewise**

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CONTACTS

NEW SOUTH WALES

TALL, HANDSOME, intelligent, honest, creative, down-to-earth, nonmaterialistic, pacifist, nonreligious, 42 yo man, seeking sincere lady with similar qualities. Age open to early 40s, light/medium to slim build. Not into raging, pubs or footy. Single mum with one young child welcome. Able to relocate to my nearly finished cottage on 3 ac. All amenities. Gardens, beach, bush, nature, children, quiet moments, music, massage, backgammon, red wine, home grown, fresh food, arts/crafts, reading. I believe in open communication, sensitivity, equality, monogamy, understanding each other's needs, having meaningful conversations and uninhibited fun. You and I, we search for our soul mate and the chance to start anew. If you write please send a photo to: Brian, Box 426, MORUYA, NSW 2537, or if you're feeling spontaneous ph for a chat on: 044-743-934. All replies answered.

TAREE-MURWILLUMBAH AREA, Lesbian wants to hear from dykes living there. Experiences? Comments? Recommendations? All letters answered. Julia, PO Box 576, NEWTOWN 2042.

GENTLEMAN, TWENTY-NINE, tall 6'1, dark & very handsome, successfully self-employed, loves food, kids, travel, music, poetry. Seeks intelligent, sexy, salubrious, spirited lady with sweet smile and sense of humour to share a simple life by the beach. Jo, PO Box 468, DICKSON 2602.

LONELY LADY, 61 yrs, financially secure, would like to make contact with gentleman preferably off the land, for outings, companionship & maybe permr/ship. 'WM' (GR 114), C/- PO Box 242, EUROA 3666.

MALE WIDOWER, 6'2, 14 stone, fit and healthy, very strong. Honest, affectionate & considerate of other's needs and feelings. Non smoker, n/d, 63 yo, looks and feels much younger. Little to offer in material things or bank accounts (gave it to my 2 daughters). Looking for happiness with a lady who will be my best friend, my lover, my special person. Age, nationality or children not a problem. All letters replied to, a photo would be appreciated. Can travel to meet you if you wish. Replies to: Kevin (GR 114), C/- PO Box 242, EUROA 3666.

ACTIVE FIFTY-THREE yr old, female, Sabbath-keeper, n/s, n/d, vegetarian, seeks friendship man to 59 yrs old, like-minded. Write to: Bushy (GR 114), C/- PO Box 242, EUROA 3666.

TALL, SLIM, INTELLIGENT, honest, hard working, n/s, 32 yo solo dad, seeking lady 24-38 with similar qualities. I'm self-employed on my mixed farm in NSW. I enjoy music, camping, 4WD, vegie gardening, animals, getting away, quiet nights at home & meaningful conversations. If you are a lady, with or without children, who is looking for a fair, honest & loving r/ship, please write, photo appreciated. Ron (GR 114), C/- PO Box 242, EUROA 3666.

PLACING AN AD?

See page 68 for details

FAIR, FAT & FORTY, I'm told I am none of these! Seeking man to 45 yrs with sense of humour combining sense of honour, down-to-earth but not-down-and-out, conservation minded & unconservative, financially secure & emotionally serene, soft-centred yet not self-centred, knows what a tie is for, but preferably without ties, presentable, intelligent, reliable, independent. View to friend/partnership, n/s, light s/d, (pleasant appearance, 39 yo). Margarita (GR 114), C/- PO Box 242, EUROA 3666.

SCORPIO LADY, BYRONSHIRE, spiritually aware. Young looking, slim, 42, vegetarian with son, 9. Love nature world, music/movies, travel, philosophising, cosy, sentimental but practical. Smoker but n/d. Please mention your birthdate. Suzie (GR 114), C/- PO Box 242, EUROA 3666.

ANSWERING A CONTACT AD?

Please put each letter in a separate stamped envelope addressed C/- GR. We will re-address & forward it.

LOOKING FOR MR GOOD-KARMA. Laidback Piscean female, ex-traveller, early 30s, living Sydney's eastern suburbs, into travel, self-suff, gardening, books, other cultures, movies, human rights & having a good laugh. Social drinker & nontobacco smoker, love a dance but totally nonscene, looking for a friend, male, nonchauvinistic, alternative traveller, into some of the above, who's sensitive, honest & doesn't follow the pack, who'd like a new friend & let's take it from there. Drop me a line, no nutters or line dancers please! Virginia (GR 114), C/- PO Box 242, EUROA 3666.

TRAVELLING MALE: mine is a lifestyle suitable to only a few persons. An individual's nature, their likes, interests & desires are all essential aspects which determine an acceptance & capacity to cope with such a lifestyle. Living in a mobile home & travelling extensively throughout the east coast with no perm home, other than where you happen to be at the moment, is not everyone's taste. Home is where you are now & tomorrow is where fate shall deliver you. Compatibility & a long-term successful r/ship is dependant upon the closeness of the individual's natures & joint aspirations. I am in my early 40s, of a quite nature & enjoy bushwalking, beaches, reading, most sports, meaningful conversation & close companionship. My soulmate would be similar with a responsible nature. Ideally I should like a slim lady who has interests in handicraft & art/drawing; with a positive outlook & a genuine desire to establish a long-term passion. Your choice in replying should consider that the lifestyle you would be accepting is unlike that which you now have. Your own circumstances &

present situation would determine your suitability. Nonsmokers & s/d only. Replies to: Paul (GR 114), C/- PO Box 242, EUROA 3666.

FORTY-NINE, n/s, honest, 5'4, outdoors man, employed in an environment discipline, seeks female to share a quality lifestyle in sm country village. You will probably be slim & intelligent like myself, not afraid to communicate & of similar age and interests. G (GR 114), C/- PO Box 242, EUROA 3666.

POSITION VACANT, gentleman friend, grade 38-45, remuneration commensurate with experience (get what you give). For outings, companionship, romance? With 40 yo reasonably appealing woman. Essential: sound interpersonal skills, sense of humour, good presentation, demonstrated financial management ability, proven environmental awareness, honest. Desirable: art pursuits, punctual, low TV/sports needs, outgoing, willingness for country travel, fairminded. No smoking is homespace policy. Applications to: D (GR 114), C/- PO Box 242, EUROA 3666.

QUEENSLAND

ENERGETIC INDEPENDENT WOMAN, middle-aged, well-travelled, educated, loving and caring, keen gardener, loves the bush, would love to share her life with a widower with younger children. If would be a deep wish of mine to be in a r/ship with a man who is not afraid to share his feelings and to have children in my life. Preferred area: up to 3 hrs from Brisbane. Taire (GR 114), C/- PO Box 242, EUROA 3666.

ANIMAL LOVER would like share or partnership in property on p/time casual basis. Ph: 074-955-004.

FRIENDLY, CHUBBY, ATTRACTIVE, outgoing, 24 yo lady, div with 3 yo daughter, involved in local markets, animal lover, own home 10 ac bushland, solar power, nth Qld. Seeking caring, fun loving male, solo father welcome. Photo appreciated, please write: Alana C/- PO Box 1494, INGHAM, Qld 4850.

LADY, YOUNG 53, fit, energetic, n/s/d, ethical but nonreligious, not into astrology. Outdoors, nature orientated interests (not sports or urban environment), avid reader, music, different cultures. Would like to hear from a thoughtful gentleman (not domineering!) who is seriously seeking companion/partner for life. Please be honest = trustworthy. Photo appreciated. WK (GR 114), C/- PO Box 242, EUROA 3666.

WHITSUNDAYS, 26 yo male looking for my life companion. The woman I seek would be aged 18 - 30, be a n/s, natural, feminine, gentle, happy & like children. I am an easy-going guy who enjoys movies, fishing, travel, cars, watching sport & family life. Also interested in natural therapies and GR lifestyle. Phone: R, 014-069-875 after 4, or write: R (GR 114), C/- PO Box 242, EUROA 3666.

To avoid disappointment ensure
your ad meets our deadline

GRASSIFIEDS

CONTACTS QUEENSLAND

ARE YOU A HEALTHY, attractive, intelligent, n/s lady between 40 & 50 years young, honest with a well developed sense of humour? Do you enjoy camping, fishing, nature, gardening, 4WD exploring and dining in rather than out? Are you financially secure & have you transcended the exploitative fashion trap? Are you not afraid to be pragmatic, politically incorrect & unconventional? Do you take an informed interest in festering environmental realities and pursue a healthy lifestyle? I'm bearded with short hair, 167 cm & 72 kg with a tertiary education & seeking a special lady to share my select lifestyle on my well estab tropical r/forest property. Photo appreciated. Mike (GR 114), C/- PO Box 242, EUROA 3666.

VICTORIA

AT LAST A CHANCE, OR SO IT SEEMS, To meet the man who haunts your dreams. Every month you say you'll write, And every month you die with fright. If you don't know what to say, Well, I don't want a resume. Your name, address, now, straight away, I want to contact you! Today. Of course a young girl would be nice, 'Twould fill an old man's life with spice. But slim & 40, dark or fair, You'll never know, till you go there! Jacko, C/- 50 Kanooka Rd, WANTIRNA 3152.

I AM THIRTY-EIGHT YEARS OLD, of German background, 50 kg, 166 cm, fair hair & complexion, n/s, n/d, n/religious with a humanistic philosophy of life. My interests incl classical music, reading, studying, ABC/SBS, bushwalking, fauna & flora. Occupationally, I am in the 2nd year of my PhD. Personally, I consider myself as down-to-earth, genuine and honest. I am seeking an educated partner, ca 40-50, for a common future. Reply: Sabine (GR 114), C/- PO Box 242, EUROA 3666.

JUST TESTING - is there anyone out there 45 + who would be willing to pay \$140 weekly for full board & lodgings, who would enjoy having full run of vegie garden etc, own quarters, share kitchen? Separated lady mid 50s looking at 6 mnth time to share 7 ac farm set in quiet valley, 15 mins from town of 3500, NE. Permanent - friendship only. TS (GR 114), C/- PO Box 242, EUROA 3666.

DEADLINES: GR 115 - APRIL 30TH
GR 116 - JUNE 30TH

MALE, FIFTY-TWO years young, Wimmera/Grampians area, non smoker, s/d, enjoys gardening, animals, c&w music, quiet country life. Seeks sincere lady, 40 - 55 yrs, for companionship, possible long-term relationship. Reply to: P D (GR 114), C/- PO Box 242, EUROA 3666.

CREATIVE LYRICIST, man 56, seeks lady for friendship, preferably involved with music or in writing, or metaphysics, as I'm interested in astrological research also. Contact: Lyricist (GR 114), C/- PO Box 242, EUROA 3666.

SOUTH AUSTRALIA

MALE, THIRTIES, living self-suff Port Lincoln. Love to hear from adventurous self-reliant lady looking for special friend. Love sailing, bushwalking, open fires, beaches, laughing. If you're romantic, broad-minded, same interests write: 'Rough Cut Diamond' (GR 114), C/- PO Box 242, EUROA 3666. Discretion assured.

SLIM BLONDE ENGLISH LADY, mid 50s, youthful positive outlook. General interests. Seeks caring grazier or farmer, for happy future. Photo appreciated. Julie (GR 114), C/- PO Box 242, EUROA 3666.

TASMANIA

I RECENTLY LOST MY HUSBAND, best friend and companion, and am now finding it difficult to run my small self-sufficient farm alone. I am 52, reasonably intelligent with a sense of humour. I smoke and enjoy a drink. Basically I think I am looking for a friend, companion and partner, and age, gender etc not important. All letters answered. A J (GR 114), C/- PO Box 242, EUROA 3666.

WESTERN AUSTRALIA

FEMALE, THIRTY-SIX, 5'3, slim, smoker, s/d, intelligent, very independent, philosophical, practical and a dreamer. Interests include art, music, wood and metalwork, metaphysics, camping, outback and life itself. Seeks open-minded, honest male, spiritually and emotionally aware with inner strength and sense of humour. Friendship first. Photo appreciated. C Q (GR 114), C/- PO Box 242, EUROA 3666.

OTHER

CANBERRA, ACT, single feral male, 39 yrs, slight build, blue-eyed, brown haired, bushy-bearded nature lover. Interests: environment, music, current affairs, alternative lifestyles. Seeks contact with like-minded men/women, any age, to share thoughts, ideas on quiet country communal living. Write: Jim, 14/62 Launceston St, LYONS ACT 2606.

LIBRAN HORSE, 41, Kiwi man, into horticulture, permaculture, building, music. Seeks country lady, hippy type with free spirit for support and future in homesteading. Contact: Richard, 099-731-212.

I'M SINCERELY ATTEMPTING to contact with a special woman to nurture; f/ship, love, lifestyle, garden, happiness. I'm 39, wiry, athletic, intelligent, hard-working, affectionate, compassionate, formally trained gardener, nurseryworker, artistically creative with plants, ideas. I desire to live by the seaside and create something special. Please write to: 'The Huntly Thistle', PO Box 5078, Terrace End, Palmerston North, NEW ZEALAND.

NOW OR NEVER! German woman, mid 40s, w/out children, slim, blonde, attractive, living & working in Spain, interested in an attractive male, also slim, blonde with farm & animals, 45-55. Rita Huse, C/- Ciudad de Valencia 25, E-03570 Villajoyosa/Alicante, SPAIN.

COUNTRY/CITY contacts, for lonely or alone persons. Meaningful membership - sincere service. Please send SAE for details. 86-90 Railway Tce, PETERBOROUGH, SA 5422.

FILIPINA LADY, 40 yo, single mother, good sense of humour, wants to correspond with Australian men, 45 or above for friendship. Please write to Emma Marcialis, Lalab, Batan, Aklan, 5619, PHILIPPINES.

MEET NEW FRIENDS, Scandinavia and worldwide. Free details, photos, Worldwide Contacts, Box 4026(G), S-42404 Angered SWEDEN.

ME - WOMAN 50s, Libra. You - 50s, n/s, intelligent, articulate, sense of fun and sometimes 'itchy feet'! I can move to wherever, even NZ when my house sells. Be a devil - write! PO Box 646, TUMUT 2720.

PENFRIENDS OVERSEAS/AUSTRALIA. Please send SAE, PO Box 3311, WESTON 2611, AUSTRALIA.

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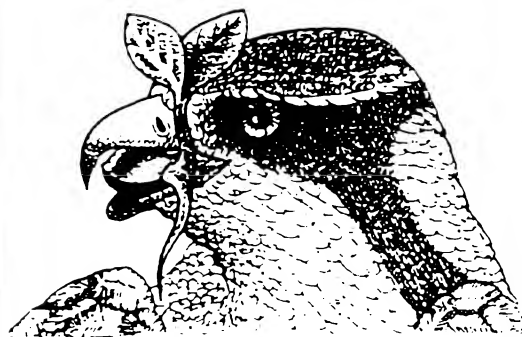
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